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United States
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Human
Nutrition
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Agriculture
Handbook
Number 8-13

Composition of Foods:

Beef Products

- Raw
- Processed
- Prepared

Agriculture Handbook No. 8 Series

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By Nutrition Monitoring Division

**Principal Investigators:
Barbara A. Anderson
Jeanne L. Lauderdale
I. Margaret Hoke**

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Foreword

Agriculture Handbook No. 8 represents a traditional function of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States began more than 80 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in the USDA. In 1896, the now-classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and scientists working in health-related fields depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient

content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods... Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." This revision of Agriculture Handbook No. 8 will, in its turn, also be replaced. The task of deriving representative nutrient values of foods is a historical responsibility of USDA. This task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.



Robert L. Rizek, Director
Nutrition Monitoring Division
Human Nutrition Information Service

Preface

Revising the major nutrient tables issued by the U.S. Department of Agriculture is necessary to provide current nutrient information on foods. This revision of the 1963 edition of Agriculture Handbook No. 8 is being issued in sections to expedite the release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate continuous, rapid updating, each section of the handbook is being prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased. This format permits a concise presentation of the data and a comparison of values from one unit of measure to another.

The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 9 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B₆, folacin, vitamin B₁₂, and vitamin A), individual fatty¹² acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. Our goal is for the revised and enlarged compilation of data to meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

Acknowledgments

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Composition of Foods:

Beef Products

- Raw
- Processed
- Prepared

This is the thirteenth in a series of publications designed to revise and expand the food composition values published in the 1963 edition of Agriculture Handbook No. 8, "Composition of Foods... Raw, Processed, Prepared" (15).¹ This section of the handbook serves as a basic reference on nutrients in beef products. The table was prepared with computer assistance by using the facilities of the Nutrient Data Bank (NDB) (6).

Data are presented for 360 beef products. Much of the data for the retail cuts were obtained from studies conducted since 1977. The nutrient data for cured products were obtained primarily from analyses conducted since 1973 for nutritional labeling. Values for many of the beef items in the 1963 handbook have been changed to incorporate more recent findings, and new items have been added.

The nutrient values in this revision supersede data for these specific foods given in the 1963 edition.

Sources of Data

The data used here were obtained from both published sources and private communications. Published sources consist of the scientific and technical literature, special bulletins, research reports, and other documents containing data or other relevant material. Sources of unpublished data include industry, government agencies, and academic institutions.

Laboratory research on beef, carried out under the sponsorship of USDA's Agricultural Research Service (ARS),

supplied a large portion of the information on cooking yields, physical composition, and content of proximate constituents, minerals, vitamins, and lipids of the retail cuts. This research was conducted by two ARS laboratories (the Meat Science Research Laboratory of the Animal Science Institute and the Nutrient Composition Laboratory of the Beltsville Human Nutrition Research Center), the University of Kentucky, and Michigan State University. The National Live Stock and Meat Board also assisted in developing the project plan, retail cut fabrication, and cooking procedures for the research.

Additional laboratory research sponsored by the Human Nutrition Information Service provided much of the information on variety meats and part of the nutrient composition and yield information on ground beef and some retail cuts.

Explanation of Table

Format

Foods in the table are divided into five major sections: carcass, retail cuts, ground beef, variety meats and byproducts, and cured products. For most cuts, nutrient values are presented for three USDA quality grades: choice, good, and prime, and for "all grades," which is a combination of these grades weighted by their market proportions. Within each section, foods are arranged alphabetically. The retail cut section is further divided by primal carcass cut. A guide with the names of the products, corresponding item numbers from the 1963 edition, and the NDB and page numbers precedes the table.

The five-digit NDB number in the lower right corner of each page is used for computer access to the data in the NDB and on machine-readable tapes of the data. The first two digits designate the section, or major food

¹Underlined numbers in parentheses refer to Literature Cited, p. 10.

group, and the last three digits indicate the specific food. The NDB numbers are consecutive. Each page is dated by year of preparation. When the table is updated or expanded, new pages will be issued with instructions for insertion.

Weights and Measures

The data in the table are shown as the amount of each constituent in 100 grams of edible portion in column B; in the edible portion of two household measures or market units of most food items in columns E and F; and in the edible portion of 1 pound (453.6 grams) of food as-purchased in column G. The term "edible portion" refers to the part of the food customarily considered edible in the United States.

The measures and weights for which nutrient values are shown appear above columns E and F. The weights given above these columns do not include the weight of the inedible material for those foods that contain refuse. Abbreviations are listed in the appendix. The market units selected were commonly used at the time of publication. Dimensions of slices of many of the cured products are given in footnotes to further describe serving units. Portion sizes and dimensions of some cuts are listed in Agriculture Handbook No. 456 (1).

Column B contains the mean nutrient value. Column C contains the standard error given to three decimal places. Except where noted, this is the standard error of the mean, computed as:

$$s_{\bar{x}} = s/\sqrt{n}.$$

Column D contains the number of observations on which the values in columns B and C are based. The standard error could not be calculated when there was more than one data source and only one sample from any data source. For some food items, mean values are given without an accompanying standard error and

number of samples. These values either are calculated by pooling data for all grades, are weighted means or are calculated from nutrient data for a similar form of the food, from the values for ingredients in a recipe, or by applying retention and yield data to derive values for some cooked foods.

Standard errors (standard error of estimate) for water and fat for the "all grades" separable lean are predictions from regression equations for the nutrient content expressed as a function of marbling score (see p. 7). The standard error of estimate is computed by the formula:

$$s_{y.x} = \sqrt{\frac{\sum y^2 - (\sum xy)^2 / \sum x^2}{n - 2}}.$$

When a standard error of estimate is given, it is identified by footnote. Retail cuts whose water and fat values are means of analytical data are T-bone, porterhouse, shortribs, flank, shank, and pan-fried top round and sirloin.

If statistical expression of the data is given and data are based on nutrient content in a nutrient fraction of a similar form of the food, the source food is identified in a footnote. For a few items, some values were imputed from a different, closely related food. A footnote indicates that such values were imputed. If space for a nutrient is left blank, that nutrient has, to our knowledge, not been reported in the particular food item and its presence is uncertain.

The data in column B given to three decimal places were used to calculate the values in columns E, F, and G. Weights above columns E and F are those used to compute nutrient values shown in these columns.

The number of decimal places for some nutrient data differs from that of the 1963 handbook. The number of decimal places shown is that in which the bulk of the analytical data was reported and do not always reflect the

accuracy of the data. The number of decimal places used for data on the 100-gram basis was carried over to data given in other units of measure.

With certain exceptions, the weights above columns E and F for the raw retail cuts in the table represent either 1 pound (453.6 grams) of the edible portion of the raw food, 1 ounce of the edible portion of the raw food, or the edible yield from one as-purchased raw 1.25-inch-thick steak.

For the cooked beef items, the weights above column E represent 85 g (3 oz) of the cooked edible portion, and most of the measures and weights above column F represent the yield of cooked edible portion from 1 pound as-purchased of raw product, or a raw 1.25-inch-thick steak.

Amounts and descriptions of material removed during preparation of the food are shown above column G after the heading "Refuse." These amounts are expressed as the percentage of the total weight of the item as-purchased and are used in computing the values for 1 pound (453.6 grams). For cuts containing bone, any connective tissue present is included in the value given for bone. The separable fat is not shown as refuse if the meat is described as separable lean and fat. For a boneless cut, the refuse values above column G are for connective tissue or connective tissue plus separable fat. These values have been rounded to whole numbers except when the refuse was between 0 and 0.5 percent. In these instances the refuse value is rounded to one decimal. For the carcass, the as-purchased item is the whole dressed carcass with kidneys, hanging tender, and kidney, pelvic, and heart fat considered refuse. For the composite of trimmed retail cuts, the as-purchased item is a combination of each of the retail cuts weighted for the proportion of each in the carcass.

For raw foods, the item as-purchased in column G is raw; for cooked foods, the values in column G are the amounts

in the edible portion of one pound of cooked food. For example, for choice grade chuck arm pot roast, the pound as-purchased item would be 453.6 grams of raw chuck arm pot roast. For braised choice grade chuck arm pot roast, the pound as-purchased item in column G would be 453.6 grams of braised chuck arm pot roast. The edible portion of 453.6 grams of raw choice grade chuck arm pot roast (NDB No. 13035), which as ordinarily purchased is 11.2 percent refuse (bone) and 88.8 percent edible, is 402.8 grams (0.888×453.6 grams). The factor 4.028 is applied to the 100-gram data to obtain the nutrient values in column G.

If the meat as described is raw choice grade chuck arm pot roast separable lean only (NDB No. 13043), the chuck arm is presumed to have been purchased with the adhering fat and with the bone. The 453.6 grams of raw chuck arm pot roast as-purchased, contains 31.8 percent refuse (11.2 percent bone and 20.6 percent separable fat) and 68.2 percent separable lean; the edible portion of separable lean only is 309.4 grams (0.682×453.6 grams). Any cutting loss is not included in this figure. The factor 3.094 is used to obtain the nutrient values in column G for this item.

The percentage yield of cooked edible food from the corresponding raw food with refuse can be determined from column F for the cooked food which gives the cooked weight of the edible portion from 1 pound of raw food with refuse. For the choice grade chuck arm pot roast, the yield of braised edible portion consisting of separable lean and fat from 1 pound of the raw, as-purchased chuck arm is 61 percent ($277 \text{ grams} \div 453.6 \text{ grams} \times 100$). For separable lean only, the yield is 46 percent ($202 \text{ grams} \div 453.6 \text{ grams} \times 100$).

A yield table for cooked cuts of beef is given in the appendix. An extensive listing of food yields for a wide variety of products and cooking

methods is given in Agriculture Handbook No. 102 (9).

Nutrients

Proximate--Data for water are given in the table as grams in the edible portion of the food. Food energy is expressed in terms of both kilocalories and kilojoules. (One kilojoule equals 4.184 kilocalories.) The data are for physiologic energy value remaining after losses in digestion and metabolism have been deducted. The specific calorie factors used in this publication for calculating energy values are:

	kcal/g
Protein.....	4.27
Fat.....	9.02
Carbohydrate.....	$\left\{ \begin{array}{l} 3.68 \\ 3.87 \\ 4.11 \end{array} \right.$

The carbohydrate factor of 3.68 is used if the major type of carbohydrate in the food is dextrose, and 3.87 is used for some organ meats and some sausages and luncheon meats. The factor of 4.11 is used for tongue. The factors are based on the Atwater system for determining energy values (10).

The values for protein were calculated from the content of total nitrogen (N) in the food using the conversion factor recommended by Jones (8). The specific factor applied to each food item, 6.25, is shown in the stub of the table following protein.

The carbohydrate content of uncured products (except some organ meats) consisting entirely of beef is negligible. For such foods, the carbohydrate content was assigned a zero value. The sum of the percentages of water, protein, total lipid, and ash does not necessarily equal 100 percent for those foods showing zero carbohydrate, because the amounts of each of these constituents were determined independently.

For heart, liver, kidney, tongue, and cured products (foods expected to contain carbohydrate), the carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, total lipid, and ash. If the total of these constituents for any item was more than 100 due to analytical variation, a zero carbohydrate content was assigned. Fiber, if present, is included in the total carbohydrate.

Minerals--Data on nine mineral elements are included in the table. Zinc, copper, and manganese have been added to the minerals that were reported in the 1963 handbook. Most of the mineral data were determined by atomic absorption or emission spectroscopy. The values represent the total amount of each mineral present in the edible portion of the food and include any amounts added to the product in preparation for the retail market. They are not necessarily the amounts available to the body.

For some of the cured products, some values for manganese were reported as below the limit of detection. These values could not be included in the means shown in the table. Therefore, the manganese values given for these items may be slightly overstated.

Vitamins--The ascorbic acid content of the retail cuts was assigned a zero value because its content is negligible. Most ascorbic acid values for the cured products, variety meats, and by-products are expressed in terms of reduced ascorbic acid.

Most of the data for thiamin were determined by the fluorometric thiochrome procedure. Riboflavin and niacin data were obtained both chemically and microbiologically.

The values for niacin do not include the niacin that could be contributed by tryptophan, a niacin precursor. Only preformed niacin is reported in the table. The sum of the preformed niacin and the amount that could be derived from tryptophan is called "niacin

equivalent". In estimating the amount of niacin equivalent available from foods, 60 mg of tryptophan is considered equivalent to 1 mg of niacin (12).

Pantothenic acid, vitamin B₆, folacin, and vitamin B₁₂ were determined microbiologically. Values shown for folacin are for total folate activity.

Except for liver, values for vitamin A are for chemically determined preformed vitamin A. Vitamin A values for liver include preformed vitamin A and beta-carotene, a carotenoid precursor. Vitamin A is expressed both in international units (IU) and in retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Vitamin E is present in meat in low amounts, primarily as alpha-tocopherol. The mean (standard error and number of samples) for beef separable lean was 0.13 (0.007 and 316) mg/100 grams for raw and 0.14 (0.010 and 151) mg/100 grams for cooked. The mean (standard error and number of samples) for separable fat was 0.40 (0.019 and 12) mg/100 grams for raw and 0.46 (0.065 and 6) mg/100 grams for cooked. Values for individual cuts are not presented in the table because there was large variation between cuts and among samples of a cut (4).

Lipids--Trivial or scientific names for the fatty acids have not been used because the values for the unsaturated fatty acids include positional and geometric isomers. In the list of fatty acids, the first number is the number of carbon atoms and the second is the number of double bonds in the chain. Only data obtained by gas-liquid chromatographic analyses are included here. The values shown are for the total quantity of each fatty acid in the food; not on the basis of fatty acids as triglycerides. Many of the fatty acid data from the literature were obtained as percentage by weight of fatty acid

methyl esters. These data were converted to grams of fatty acids per 100 grams of total lipid using the conversion factors given in the appendix. Details of the lipid conversion factors have been published (2, 3, 16).

Fatty acid data for the retail cuts that were determined by research sponsored by the U.S. Department of Agriculture were obtained as grams of fatty acid triglyceride per 100 grams of food. These values were converted to weight percentage of methyl esters, combined with data from the literature, and then converted to grams of fatty acids per 100 grams of total lipid using conversion factors given in the appendix.

The conversion factors for most of the retail cuts were the mean in grams of total fatty acids per gram of total lipid. In a few instances where data were not available, conversion factors were estimated from those of similar cuts.

The means for the fatty acids per 100 grams of food were obtained by multiplying the mean grams of fatty acids per 100 grams of total lipid by the mean of the proportion of total lipid in the food. The standard errors (standard error of the mean) for the fatty acids represent only those of the fatty acids per 100 grams of total lipid adjusted to the proportion of the total lipid in the sample. The standard errors of the fatty acids were not pooled with that of the total lipid, but with some assumptions, the calculations can be carried out as discussed below.

In some of the fat calculations the standard error of estimate has been generated, and in others, the standard error of the mean (SEM) has been generated. An approximate pooled SEM can be calculated by combining the SEM from the fatty acid calculations with the standard error of estimate [or the SEM] from the fat calculations. The formula for pooling the values is:

$$\sqrt{\frac{1}{n_1} + \frac{1}{n_2}} \sqrt{\frac{n_1(n_1 - 1)s_{\bar{x}}^2 + n_3(n_2 - i)s_v^2}{n_1 + n_2 - i - 1}}$$

where $s_{\bar{x}}$ is the SEM from the fatty acid calculations and n_1 is the number of observations associated with that calculation; s_v is the standard error of estimate or SEM generated from the fat calculations, and n_2 is the number of observations associated with that calculation; $n_3 = n_2$ for SEM and $n_3 = 1$ for the standard error of estimate; but i equals 1 if the SEM has been generated from the fat calculations but i equals 2 if the standard error of estimate has been generated.

Values for total saturated, monounsaturated, and polyunsaturated fatty acids may exceed the sum of the individual fatty acids listed because they included some fatty acids that were determined but are not reported in this table.

Cholesterol data were obtained by either colorimetric or gas-liquid chromatographic procedures.

Amino Acids--The data represent results obtained primarily by ion-exchange chromatography. One amino acid pattern on a per-gram-of-nitrogen basis was developed for the retail cuts of beef. Similarly, amino acid patterns were developed for ground beef, separable fat, mechanically separated beef, and each variety meat. The number of samples in each pattern is given the first time the pattern is used. For the retail cuts and ground beef these numbers are given with NDB Nos. 13001 and 13295, respectively. Amino acid patterns developed for Agriculture Handbook No. 8-7 (14) were used for cured products.

Amino acid contents of each food were calculated from the mean amino acid contents per gram of nitrogen using the protein content and nitrogen factors given in the table for the specific food. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity

of food by the nitrogen content of the same quantity of food.

Notes on Beef Products

Values in this report for the retail cuts were derived primarily from analyses conducted on at least one cut each from over 170 carcasses of USDA quality grades prime, choice, good, and standard. Surface fat on the cuts was trimmed to a maximum thickness of 1/2 inch. Thirteen retail cuts from 11 of these carcasses representing four quality grades were analyzed raw and after cooking by roasting at 325°F (163°C) to an internal temperature of 140°F (60°C), broiling to an internal temperature of 150°F (65°C), or braising to an internal temperature of 185°F (85°C) after browning for 8 minutes. Four choice grade carcasses provided the shortribs, the porterhouse and T-bone steaks, and the steaks that were pan-fried. Eleven additional choice grade carcasses provided the flank and shank cuts that were analyzed. Flank and shortribs were braised with water for 75 to 90 minutes in an oven at 325°F (163°C) after browning for 4 to 8 minutes. Shank crosscuts were browned for 4 minutes, covered with water, and cooked (simmered) in an oven at 325°F (163°C) for 2-1/2 hours.

For these particular cooking studies, anatomically matched cuts representing opposite sides of the same carcass were used to develop values for the retention of many of the nutrients for braising, broiling, and roasting. A table of nutrient retention in cooked separable lean of beef is given in the appendix. This table also gives the standard errors and number of samples for each of the nutrients included in the studies carried out under the sponsorship of the U.S. Department of Agriculture.

These percentage retentions are true retentions (TR) and are calculated as follows:

$$\%TR = 100 \times F \times \frac{Nc \times Wc}{Nr \times Wr},$$

where:

- F = ratio of the two raw weights: the raw weight (with refuse) of the cut that was analyzed raw divided by the raw weight (with refuse) of the cut that was analyzed cooked;
- Nc = nutrient content per gram of the cooked food;
- Wc = weight in grams of the food after cooking;
- Nr = nutrient content per gram of the raw food;
- Wr = weight in grams of the food before cooking.

For retentions for separable lean, the grams of food, both raw and after cooking, are weights of separable lean only from the raw and cooked cuts. Data for cooked foods used in calculating retentions did not include the nutrient content of any cooking discard, such as drippings. A comparison of true and apparent retentions for six types of weight changes that occur when food is cooked by different methods has been published (11). Apparent retention is based on nutrient content in moisture-free raw and cooked foods. This measure is not reported here.

Also in the appendix are mean retentions for phosphorus, for which there were less than four samples, and for manganese, for which the values were imputed. These retentions were used to calculate the nutrient content of some cooked food items. No standard error is shown for these values. Retentions of 100 percent were used for zinc and copper for all cooking methods.

With few exceptions, retail cuts were cooked without removing the separable fat. Therefore, data in the table may not be applicable to meat that is cooked after being trimmed of all visible fat. However, pantothenic acid and vitamin B₆ were analyzed in samples of chuck arm

and top and bottom round that were trimmed of all visible fat before cooking.

The changes that occur in cooking beef are complex. Solids and moisture are lost from both lean and fat tissue. High retention of fat in the lean could be caused by migration of lipid from the separable fat during cooking. Low retention of nutrients may be attributed to loss into cooking juices or drippings and, if nutrients are labile, to destruction by heat.

Because the number of samples of most of the cuts from each of these three quality grades (choice, good, and prime) was limited, statistical analysis was performed on the nutrient data to determine if quality grade influenced nutrient composition. Marbling score, which is a measure of the degree of fat striation within the lean of a cut and is directly related to quality grade of beef, was compared to nutrient content. Regression analysis of nutrient content of lean as a function of marbling score indicated there was no significant correlation between quality grade and most nutrients. The only two components that were correlated with grade were total lipid (fat) and water. Therefore, except for fat and water content, nutrient data for all grades were combined, and resulting means were reported for every grade of that cut. Fatty acid content is directly proportional to the fat content and therefore is also affected by quality grade. Mean values for fatty acids and their standard errors were adjusted to the fat content determined by regression.

Water and fat contents were estimated for most of the raw and cooked cuts by grade using regression equations of marbling score and nutrients. The average marbling score for each quality grade on the market was provided by the USDA Agricultural Marketing Service. These scores were 13 (small⁹⁰) for choice, 9 (slight⁶⁰) for good, and 22 (slightly abundant¹⁰⁰) for prime. A weighted marbling score of 12, based

on the proportions of each of these quality grades on the market, was used to estimate the "all grades" values for water and fat. The market proportions, based on number of head, were 66.7 percent choice, 27.3 percent good, and 6.0 percent prime grade.

Data are limited for certain nutrients in beef products. For raw beef items and unheated cured items, such values are calculated based on known content of the nutrient in the lipid (fatty acids), total solids (cholesterol), moisture-free, fat-free solids (minerals), or moisture-free, fat-free, ash-free solids (water-soluble vitamins) of a similar form of the food.

Analytical data for some nutrients in cooked items are more scarce than data for comparable raw items. Values for such nutrients are computed for cooked separable lean by applying retention and yield values, some of which are shown in the appendix. The nutrient content per 100 grams of raw food is multiplied by the percentage retention, and this product is divided by the percentage yield of cooked food to obtain the content of nutrient per 100 grams of cooked food.

All calculation procedures on raw and cooked cuts comprising more than one type of tissue have allowed for the proportions of tissues as determined by their weights in the cuts. The values for the edible portion comprising separable lean and fat were calculated based on the proportion of each type of tissue in the cut. These proportions were carried to one decimal place. Nutrient values were carried to three decimal places in these calculations.

For example, the edible portion of raw whole brisket (NDB No. 13021) consists of 67.2 percent separable lean (NDB No. 13023) and 32.8 percent separable fat (NDB No. 13019). The nutrients in the separable lean were combined with those of the separable fat in these proportions to give the values for the separable lean and fat. The

protein content of 100 grams of separable lean and fat of raw whole brisket is $16.63 \text{ grams} (0.672 \times 20.747 \text{ grams}) + (0.328 \times 8.205 \text{ grams})$. When the composition of a cut was calculated in the above manner, the weighted mean nutrient values are shown without standard error or number of samples.

The physical composition of many of the raw and cooked retail cuts was estimated by using regression equations of percent tissue as a function of marbling score and carcass yield grade. The average yield grade for each quality grade was provided by the Agricultural Marketing Service: 3.36 for choice grade, 3.04 for good, and 3.69 prime.

The values for the choice and good grade carcasses were derived from the values for the composite of retail cuts and ground beef. The edible portion of meat and trimmings remaining after the retail cuts were removed was considered to be ground beef. Ground beef made up 35.1 and 33.3 percent of the edible portion of choice and good grade carcasses respectively.

Each cut's proportion of the carcass was derived from unpublished research done at Texas A&M University. The values for the composites of retail cuts were calculated by weighting the data for each cut by its proportion of the carcass. A table of the contribution of the separable fat and each cut's separable lean to the edible portion of the composites is given in the appendix. Nutrient data for wedge-bone sirloin were used for the entire sirloin in calculating the composites.

The physical composition data of the entire trimmed primal or subprimal cuts were determined in a study at Texas A&M. These data were used for the composites, but the physical data for the individual cuts were determined separately by USDA. Some of the individual cuts represent only a portion of the entire cut, as described in the addendum. The physical composition of the entire cuts trimmed

to 1/2-, 1/4-, and 0-inch fat cover are given in the addendum. Those values can be used to calculate the nutrient composition of cuts trimmed to these three levels of fat cover.

Nutrient values presented for choice grade pan-fried top round and wedge-bone sirloin steaks are based on unpublished work by the USDA's Meat Science Research Laboratory. Top round steaks were 0.25 inch thick and sirloin steaks were 1.25 inches thick. They were fried in a preheated skillet at 375°F (190°C) with 1 tablespoon of hydrogenated soybean and cottonseed oil per steak. Except for protein, total lipid, and water, the values for the pan-fried cuts were calculated using retention values for broiling. A comparison of fat contents for dry-heat cooking (with no added fat) with that of pan-fried cuts indicated that approximately 2 grams of the total lipid of the separable lean was contributed by the cooking oil. The fatty acid pattern was derived based on this contribution, with the assumption that no cooking oil was absorbed by the separable fat.

Nutrient values are presented for raw ground beef of three fat levels: extra lean, lean, and regular. These designations were chosen based on results of a study of the composition of retail ground beef from a nationwide sampling (7). The extra lean ground beef includes data for ground round and ground sirloin; lean ground beef includes data for ground chuck; and regular ground beef includes data for ground beef, unspecified.

None of the ground beef products in the table contain extenders. According to Federal regulations, ground beef has no added water, phosphates, binders, or extenders, and shall not contain more than 30 percent fat (5). Values are given for each type of ground beef cooked by either broiling, baking, or pan-frying to two degrees of doneness--medium and well done. Data are also presented for raw ground beef patties

sold frozen and after broiling to medium doneness. The cooked ground beef values were calculated from the raw values primarily using retention data published by Ono et al. (13). Fat retentions and cooking yields varied with the fat content of the raw ground beef, the degree of doneness, and the cooking method. The fat retention and cooking yield of each cooked ground beef item was estimated using the regression equations given in the appendix.

Values for a number of cooked variety meats and byproducts which did not appear in the 1963 edition have been added to this revision. Several of these products, such as lungs and spleen, are not commonly sold in this country but may be eaten if animals are raised for personal consumption. Pan-fried brain and liver were cooked with a vegetable shortening consisting of hydrogenated soybean and cottonseed oil.

Values for mechanically separated beef are derived only from samples that comply with Federal regulations for this item. The regulations specify a maximum calcium content of 0.75 percent, a minimum protein content of 14.0 percent, and a maximum fat content of 30 percent (5).

Many of the cured products in the table are fully cooked as-purchased. They may be eaten without further cooking, or they may be reheated before eating. A cured product which cannot be eaten without further cooking because it is only partially cooked as sold is designated as "raw." Sausage and luncheon meat products which are not described as raw or cooked are fully cooked as sold and may be eaten cold or reheated. Except for the luncheon meat loaf, the values for all of the beef sausages and luncheon meats in Agriculture Handbook No. 8-7 have been updated, and the values in this publication supersede them.

Breakfast strips are a product with a shape similar to sliced bacon and are made of cured chopped beef and fat. This item may be sold partially or fully cooked.

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Appendix

List of Abbreviations

AP	as purchased
approx	approximately
c	cup
diam	diameter
EP	edible portion
g	gram
in	inch
IU	international unit
kcal	kilocalorie
kJ	kilojoule
lb	pound
mcg	microgram
mg	milligram
N	nitrogen
NDB.....	Nutrient Data Bank
net wt	net weight
No	number
oz	ounce
pkg	package
RE	retinol equivalent
tbsp	tablespoon

Metric System Equivalents for Units of Measure

Length

1 inch	2.54 centimeters; 25.4 millimeters
--------------	---------------------------------------

Volume

1 tablespoon	15 milliliters
1 cup	237 milliliters

Weight

1 ounce	28.35 grams
1 pound (16 ounces).....	453.6 grams

Yields of Cooked Beef Products

Cooking method and cut	Yields		
	Cut with refuse ¹	Separ- able lean and fat ²	Separ- able lean only ³
	-----	percent	-----
Braised			
Brisket:			
Whole	71	70	67
Flat Half	71	70	68
Point Half	71	70	67
Chuck:			
Arm pot roast ..	69	66	61
Blade roast.....	72	66	63
Flank.....	--	59	59
Rib:			
Shortribs.....	70	68	65
Round:			
Bottom	63	63	63
Shank crosscuts ⁴ .	68	61	59
Broiled			
Flank.....	--	75	75
Rib:			
Whole, eye, small end, large end.....	79	75	78
Round:			
Full cut	75	72	75
Top	74	73	74
Short Loin:			
Porterhouse steak.....	73	72	79
T-bone steak...	74	75	81
Tenderloin.....	73	70	73
Top loin.....	77	73	78
Wedge-bone sirloin	72	69	73
Ground:			
Extra lean:			
Medium.....	--	74	--
Well done.....	--	62	--
Lean:			
Medium.....	--	71	--
Well done.....	--	62	--
Regular:			
Medium.....	--	67	--
Well done.....	--	60	--

¹As percentage of raw cut with refuse.

²As percentage of raw cut without refuse.

Cooking method and cut	Yields		
	Cut with refuse ¹	Separ- able lean and fat ²	Separ- able lean only ³
	-----	percent	-----
Broiled, con.:			
Ground, con.:			
Patties, medium.....	--	69	--
Pan-fried			
Round:			
Top	63	64	62
Short loin:			
Wedge-bone sirloin	69	68	65
Ground:			
Extra lean:			
Medium.....	--	75	--
Well done.....	--	65	--
Lean:			
Medium.....	--	72	--
Well done.....	--	63	--
Regular:			
Medium.....	--	68	--
Well done.....	--	61	--
Roasted			
Rib:			
Whole, eye, small end, large end	76	73	75
Round:			
Eye	80	78	78
Tip	75	73	73
Short Loin:			
Tenderloin	--	74	75
Ground: ⁵			
Extra lean:			
Medium.....	--	76	--
Well done.....	--	59	--
Lean:			
Medium.....	--	74	--
Well done.....	--	58	--
Regular:			
Medium.....	--	70	--
Well done.....	--	56	--

³As percentage of raw separable lean only.

⁴Simmered.

⁵Cooking method is described as baked.

Conversion Factors for Fatty Acids of Beef Products¹

Food	Conversion Factor	
	Raw	Cooked
Retail Cuts		
Separable fat.....	0.940	0.918
Separable lean, unspecified.....	.874	.875
Brisket:		
Flat half924	.930
Point half838	.855
Chuck:		
Arm pot roast852	.872
Blade roast.....	.904	.904
Flank.....	.873	.875
Rib:		
Eye and small end....	.898	.907
Large end.....	.898	.917
Shortribs.....	.898	.912
Round:		
Bottom883	.869
Eye850	.869
Tip.....	.841	.834
Top825	.803
Shank crosscuts.....	.838	.855
Short loin:		
Porterhouse874	.851
T-bone.....	.874	.851
Tenderloin.....	.855	.835
Top loin.....	.893	.866
Wedge-bone sirloin....	.845	.908
Ground:		
Extra lean.....	.884	.881
Lean887	.881
Regular.....	.893	.881
Patties, frozen890	.881

Food	Conversion Factor	
	Raw	Cooked
Variety Meats and Byproducts		
Brain	0.561	0.561
Heart775	.775
Kidneys747	.747
Liver750	.750
Lung.....	.743	.743
Mechanically separated beef.....	.926	--
Suet939	--
Tallow	--	.956
Tongue.....	.941	.941
Tripe874	--
Cured Products		
Beerwurst, beer salami .	--	.942
Bologna	--	.946
Breakfast strips.....	.949	.953
Corned beef:		
Brisket838	.855
Canned	--	.855
Jellied loaf	--	.919
Dried beef	--	.874
Frankfurter	--	.948
Lebanon bologna	--	.939
Luncheon meats:		
Jellied	--	.919
Loaved	--	.927
Pastrami	--	.887
Salami, cooked, smoked.	--	.942
Sausage, cooked, smoked.....	--	.946
Smoked, chopped beef..	--	.875
Summer sausage.....	--	.887
Thin-sliced beef.....	--	.916

¹ Factors are based on the best available information; revision of some factors may be required as better data become available.

Retention of Nutrients in Cooked Separable Lean of Beef

Nutrient	Braised			Broiled			Roasted		
	Mean	Stan- dard error	Samples	Mean	Stan- dard error	Samples	Mean	Stan- dard error	Samples
	<u>%</u>	<u>%</u>	<u>No.</u>	<u>%</u>	<u>%</u>	<u>No.</u>	<u>%</u>	<u>%</u>	<u>No.</u>
Water.....	50	0.85	64	63	0.77	59	65	1.20	40
Protein.....	98	1.04	58	99	.99	56	99	1.65	38
Total Lipid	114	3.02	47	120	2.94	45	129	4.81	29
Ash	65	1.87	45	87	1.10	48	84	1.81	35
Calcium	84	3.54	46	103	4.83	47	91	4.06	38
Iron	102	2.19	44	94	1.67	47	99	2.50	38
Magnesium	66	1.29	46	86	1.09	47	83	1.56	38
Phosphorus ¹	81	--	--	83	--	--	84	--	--
Potassium	57	1.21	46	83	1.10	47	80	1.54	39
Sodium	59	1.36	46	85	1.30	46	83	2.21	38
Manganese ²	80	--	--	85	--	--	85	--	--
Thiamin	45	2.45	47	70	2.35	46	58	2.25	37
Riboflavin	86	3.22	32	92	1.77	35	98	2.89	26
Niacin.....	61	3.01	49	78	2.48	48	75	3.55	37
Pantothenic Acid	69	5.21	8	79	3.03	4	97	5.70	4
Vitamin B ₆	46	2.46	8	74	5.58	4	66	3.54	4
Folacin	72	5.34	48	87	3.93	49	88	4.98	38
Vitamin B ₁₂	67	3.69	49	75	2.89	50	72	2.55	41
Cholesterol	103	1.91	35	106	1.49	37	103	2.43	30

¹Limited data available

²Imputed

Contribution of Separable Fat and Individual Cut Lean to the Composite of Retail Cuts¹

Item	Raw				Cooked			
	All	Choice	Good	Prime	All	Choice	Good	Prime
	grades	Choice	Good	Prime	grades	Choice	Good	Prime
	-----	Percent	-----		-----	Percent	-----	
Separable fat.....	26.7	26.7	25.0	34.6	27.7	27.7	26.0	35.7
Lean:								
Brisket.....	3.1	3.2	2.9	3.1	3.0	3.1	2.8	3.0
Chuck:								
Arm	8.4	8.3	8.5	8.7	7.3	7.2	7.4	7.6
Blade	13.1	13.4	13.0	11.0	11.9	12.1	11.8	9.9
Flank	0.9	0.9	0.9	1.0	0.8	0.8	0.7	0.8
Rib:								
Large end...	3.7	3.7	3.8	2.7	3.9	3.9	4.1	2.9
Small end ...	2.4	2.5	2.6	1.9	2.7	2.7	2.8	2.0
Shortribs....	1.0	1.0	1.0	1.0	1.0	1.0	0.9	0.9
Round:								
Bottom	7.9	7.8	8.6	6.4	7.2	7.1	7.7	5.8
Eye	2.3	2.3	2.4	2.0	2.6	2.6	2.7	2.2
Tip	5.1	5.0	5.3	4.9	5.3	5.2	5.6	5.1
Top	8.7	8.6	9.0	7.8	9.2	9.1	9.6	8.3
Shank.....	1.6	1.6	1.5	1.3	1.3	1.3	1.3	1.1
Tenderloin	3.0	3.0	3.1	2.9	3.2	3.2	3.3	3.0
Top loin.....	4.7	4.8	4.7	3.8	5.3	5.4	5.3	4.3
Sirloin	7.3	7.2	7.6	6.9	7.7	7.6	8.0	7.3

¹Based on edible portion only.

Regression Equations for Determining Fat Retention and Cooking Yield of Ground Beef

Cooking Method and Degree of Doneness	Fat Retention (R), %	Cooking Yield (Y), %
Baked:		
Medium	$R = 103.1 - 1.807X^1$	$Y = 88.1 - 0.686X$
Well done	$R = 72.0 - 0.993X$	$Y = 62.9 - 0.243X$
Broiled:		
Medium	$R = 103.3 - 1.920X$	$Y = 85.1 - 0.677X$
Well done	$R = 82.9 - 1.470X$	$Y = 66.8 - 0.259X$
Pan-fried:		
Medium	$R = 98.2 - 1.529X$	$Y = 87.6 - 0.745X$
Well done	$R = 91.0 - 1.784X$	$Y = 71.1 - 0.372X$

¹X = % fat in raw ground beef

Guide to Beef Products

AH-8 item (1963)	AH-8-13 NDB No.	Page
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Carcass:

Separable lean and fat, choice, raw	13001	31
Separable lean and fat, good, raw	13002	32

Composite of trimmed retail cuts:

Separable lean and fat:

All grades:

Raw	13003	33
Cooked	13004	34

Choice:

Raw	13005	35
Cooked	13006	36

Good:

Raw	13007	37
Cooked	13008	38

Prime:

Raw	13009	39
Cooked	13010	40

Separable lean only:

All grades:

Raw	13011	41
Cooked	13012	42

Choice:

Raw	13013	43
Cooked	13014	44

Good:

Raw	13015	45
Cooked	13016	46

Prime:

Raw	13017	47
Cooked	13018	48

Retail cuts, trimmed to retail level:

Separable lean. (See individual cuts.)

Separable fat:

Raw	13019	49
Cooked	13020	50

Brisket, all grades:

Whole:

Separable lean and fat:

Raw	13021	51
Cooked, braised	13022	52

Separable lean only:

Raw	13023	53
Cooked, braised	13024	54

Flat half:

Separable lean and fat:

Raw	13025	55
Cooked, braised	13026	56

Separable lean only:

Raw	13027	57
Cooked, braised	13028	58

Point half:

Separable lean and fat:

Raw.....	13029	59
Cooked, braised	13030	60

Separable lean only:

Raw.....	13031	61
Cooked, braised.....	13032	62

Chuck:

Arm pot roast:

Separable lean and fat:

All grades:

Raw.....	13033	63
Cooked, braised.....	13034	64

Choice:

Raw.....	233	13035	65
Cooked, braised.....	234	13036	66

Good:

Raw.....	238	13037	67
Cooked, braised.....	239	13038	68

Prime:

Raw.....		13039	69
Cooked, braised.....		13040	70

Separable lean only:

All grades:

Raw.....		13041	71
Cooked, braised.....		13042	72

Choice:

Raw.....	235	13043	73
Cooked, braised.....	236	13044	74

Good:

Raw.....	240	13045	75
Cooked, braised.....	241	13046	76

Prime:

Raw.....		13047	77
Cooked, braised.....		13048	78

Blade roast:

Separable lean and fat:

All grades:

Raw.....		13049	79
Cooked, braised.....		13050	80

Choice:

Raw.....	223	13051	81
Cooked, braised.....	224	13052	82

Good:

Raw.....	228	13053	83
Cooked, braised.....	229	13054	84

Prime:

Raw.....		13055	85
Cooked, braised.....		13056	86

Separable lean only:

All grades:

Raw	13057	87
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Cooked, braised	13058	88
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Choice:

Raw	225	13059	89
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Cooked, braised	226	13060	90
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Good:

Raw	230	13061	91
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Cooked, braised	231	13062	92
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Prime:

Raw		13063	93
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Cooked, braised		13064	94
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Flank, choice grade:

Separable lean and fat:

Raw		13065	95
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Cooked:

Braised		13066	96
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Broiled		13067	97
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Separable lean only:

Raw	243	13068	98
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Cooked:

Braised	244	13069	99
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Broiled		13070	100
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Rib:

Whole (ribs 6-12):

Separable lean and fat:

All grades:

Raw		13071	101
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Cooked:

Broiled		13072	102
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Roasted		13073	103
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Choice:

Raw	327	13074	104
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Cooked:

Broiled		13075	105
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Roasted	328	13076	106
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Good:

Raw		13077	107
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Cooked:

Broiled		13078	108
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Roasted		13079	109
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Prime:

Raw		13080	110
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Cooked:

Broiled		13081	111
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Roasted		13082	112
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Separable lean only:

All grades:

Raw		13083	113
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	AH-8 item (1963)	AH-8-13 NDB No.	Page
Cooked:			
Broiled		13084	114
Roasted		13085	115
Choice:			
Raw	329	13086	116
Cooked:			
Broiled		13087	117
Roasted	330	13088	118
Good:			
Raw		13089	119
Cooked:			
Broiled		13090	120
Roasted		13091	121
Prime:			
Raw		13092	122
Cooked:			
Broiled		13093	123
Roasted		13094	124
Eye, small end (ribs 10-12):			
Separable lean and fat:			
Choice:			
Raw		13095	125
Cooked, broiled		13096	126
Separable lean only:			
Choice:			
Raw		13097	127
Cooked, broiled		13098	128
Large end (ribs 6-9):			
Separable lean and fat:			
All grades:			
Raw		13099	129
Cooked:			
Broiled		13100	130
Roasted		13101	131
Choice:			
Raw		13102	132
Cooked:			
Broiled		13103	133
Roasted		13104	134
Good:			
Raw		13105	135
Cooked:			
Broiled		13106	136
Roasted		13107	137
Prime:			
Raw		13108	138
Cooked:			
Broiled		13109	139
Roasted		13110	140

	AH-8 item (1963)	AH-8-13 NDB No.	Page
Separable lean only:			
All grades:			
Raw		13111	141
Cooked:			
Broiled		13112	142
Roasted		13113	143
Choice:			
Raw		13114	144
Cooked:			
Broiled		13115	145
Roasted		13116	146
Good:			
Raw		13117	147
Cooked:			
Broiled		13118	148
Roasted		13119	149
Prime:			
Raw		13120	150
Cooked:			
Broiled		13121	151
Roasted		13122	152
Small end (ribs 10-12):			
Separable lean and fat:			
All grades:			
Raw		13123	153
Cooked:			
Broiled		13124	154
Roasted		13125	155
Choice:			
Raw	332	13126	156
Cooked:			
Broiled		13127	157
Roasted	333	13128	158
Good:			
Raw	337	13129	159
Cooked:			
Broiled		13130	160
Roasted	338	13131	161
Prime:			
Raw		13132	162
Cooked:			
Broiled		13133	163
Roasted		13134	164
Separable lean only:			
All grades:			
Raw		13135	165
Cooked:			
Broiled		13136	166
Roasted		13137	167

	AH-8 item (1963)	AH-8-13 NDB No.	Page
Choice:			
Raw	334	13138	168
Cooked:			
Broiled		13139	169
Roasted	335	13140	170
Good:			
Raw	339	13141	171
Cooked:			
Broiled		13142	172
Roasted	340	13143	173
Prime:			
Raw		13144	174
Cooked:			
Broiled		13145	175
Roasted		13146	176
Shortribs, choice grade:			
Separable lean and fat:			
Raw		13147	177
Cooked, braised		13148	178
Separable lean only:			
Raw		13149	179
Cooked, braised		13150	180
Round:			
Full cut:			
Separable lean and fat:			
Choice:			
Raw		13151	181
Cooked, broiled		13152	182
Good:			
Raw		13153	183
Cooked, broiled		13154	184
Separable lean only:			
Choice:			
Raw		13155	185
Cooked, broiled		13156	186
Good:			
Raw		13157	187
Cooked, broiled		13158	188
Bottom round:			
Separable lean and fat:			
All grades:			
Raw		13159	189
Cooked, braised		13160	190
Choice:			
Raw		13161	191
Cooked, braised		13162	192
Good:			
Raw		13163	193
Cooked, braised		13164	194

	AH-8 item (1963)	AH-8-13 NDB No. Page
Prime:		
Raw	13165	195
Cooked, braised	13166	196
Separable lean only:		
All grades:		
Raw	13167	197
Cooked, braised	13168	198
Choice:		
Raw	13169	199
Cooked, braised	13170	200
Good:		
Raw	13171	201
Cooked, braised	13172	202
Prime:		
Raw	13173	203
Cooked, braised	13174	204
Eye of round:		
Separable lean and fat:		
All grades:		
Raw	13175	205
Cooked, roasted	13176	206
Choice:		
Raw	13177	207
Cooked, roasted	13178	208
Good:		
Raw	13179	209
Cooked, roasted	13180	210
Prime:		
Raw	13181	211
Cooked, roasted	13182	212
Separable lean only:		
All grades:		
Raw	13183	213
Cooked, roasted	13184	214
Choice:		
Raw	13185	215
Cooked, roasted	13186	216
Good:		
Raw	13187	217
Cooked, roasted	13188	218
Prime:		
Raw	13189	219
Cooked, roasted	13190	220
Tip round:		
Separable lean and fat:		
All grades:		
Raw	13191	221
Cooked, roasted	13192	222
Choice:		
Raw	13193	223
Cooked, roasted	13194	224

	AH-8 item (1963)	AH-8-13 NDB No.	Page
Good:			
Raw		13195	225
Cooked, roasted		13196	226
Prime:			
Raw		13197	227
Cooked, roasted		13198	228
Separable lean only:			
All grades:			
Raw		13199	229
Cooked, roasted		13200	230
Choice:			
Raw		13201	231
Cooked, roasted		13202	232
Good:			
Raw		13203	233
Cooked, roasted		13204	234
Prime:			
Raw		13205	235
Cooked, roasted		13206	236
Top round:			
Separable lean and fat:			
All grades:			
Raw		13207	237
Cooked, broiled		13208	238
Choice:			
Raw		13209	239
Cooked:			
Broiled		13210	240
Pan-fried		13211	241
Good:			
Raw		13212	242
Cooked, broiled		13213	243
Prime:			
Raw		13214	244
Cooked, broiled		13215	245
Separable lean only:			
All grades:			
Raw		13216	246
Cooked, broiled		13217	247
Choice:			
Raw		13218	248
Cooked:			
Broiled		13219	249
Pan-fried		13220	250
Good:			
Raw		13221	251
Cooked, broiled		13222	252
Prime:			
Raw		13223	253
Cooked, broiled		13224	254

	AH-8 item (1963)	AH-8-13 NDB No.	Page
Shank crosscuts, choice grade:			
Separable lean and fat:			
Raw	247	13225	255
Cooked, simmered	248	13226	256
Separable lean only:			
Raw	249	13227	257
Cooked, simmered	250	13228	258
Short loin:			
Porterhouse steak, choice grade:			
Separable lean and fat:			
Raw	257	13229	259
Cooked, broiled	258	13230	260
Separable lean only:			
Raw	259	13231	261
Cooked, broiled	260	13232	262
T-bone steak, choice grade:			
Separable lean and fat:			
Raw	267	13233	263
Cooked, broiled	268	13234	264
Separable lean only:			
Raw	269	13235	265
Cooked, broiled	270	13236	266
Tenderloin:			
Separable lean and fat:			
All grades:			
Raw		13237	267
Cooked:			
Broiled		13238	268
Roasted		13239	269
Choice:			
Raw		13240	270
Cooked:			
Broiled		13241	271
Roasted		13242	272
Good:			
Raw		13243	273
Cooked:			
Broiled		13244	274
Roasted		13245	275
Prime:			
Raw		13246	276
Cooked:			
Broiled		13247	277
Roasted		13248	278
Separable lean only:			
All grades:			
Raw		13249	279
Cooked:			
Broiled		13250	280
Roasted		13251	281

	AH-8 item (1963)	AH-8-13 NDB No.	Page
Choice:			
Raw		13252	282
Cooked:			
Broiled		13253	283
Roasted		13254	284
Good:			
Raw		13255	285
Cooked:			
Broiled		13256	286
Roasted		13257	287
Prime:			
Raw		13258	288
Cooked:			
Broiled		13259	289
Roasted		13260	290
Top loin:			
Separable lean and fat:			
All grades:			
Raw		13261	291
Cooked, broiled		13262	292
Choice:			
Raw	277	13263	293
Cooked, broiled	278	13264	294
Good:			
Raw	282	13265	295
Cooked, broiled	283	13266	296
Prime:			
Raw		13267	297
Cooked, broiled		13268	298
Separable lean only:			
All grades:			
Raw		13269	299
Cooked, broiled		13270	300
Choice:			
Raw	279	13271	301
Cooked, broiled	280	13272	302
Good:			
Raw	284	13273	303
Cooked, broiled	285	13274	304
Prime:			
Raw		13275	305
Cooked, broiled		13276	306
Wedge-bone sirloin:			
Separable lean and fat:			
All grades:			
Raw		13277	307
Cooked, broiled		13278	308
Choice:			
Raw	287	13279	309

Cooked:			
Broiled	288	13280	310
Pan-fried		13281	311
Good:			
Raw	292	13282	312
Cooked, broiled	293	13283	313
Prime:			
Raw		13284	314
Cooked, broiled		13285	315
Separable lean only:			
All grades:			
Raw		13286	316
Cooked, broiled		13287	317
Choice:			
Raw	289	13288	318
Cooked:			
Broiled	290	13289	319
Pan-fried		13290	320
Good:			
Raw	294	13291	321
Cooked, broiled	295	13292	322
Prime:			
Raw		13293	323
Cooked, broiled		13294	324
Ground:			
Extra lean:			
Raw		13295	325
Cooked:			
Baked:			
Medium		13296	326
Well done		13297	327
Broiled:			
Medium		13298	328
Well done		13299	329
Pan-fried:			
Medium		13300	330
Well done		13301	331
Lean:			
Raw	367	13302	332
Cooked:			
Baked:			
Medium		13303	333
Well done		13304	334
Broiled:			
Medium		13305	335
Well done		13306	336
Pan-fried:			
Medium		13307	337
Well done		13308	338

	AH-8 item (1963)	AH-8-13 NDB No.	Page
Regular:			
Raw	369	13309	339
Cooked:			
Baked:			
Medium		13310	340
Well done		13311	341
Broiled:			
Medium		13312	342
Well done		13313	343
Pan-fried:			
Medium		13314	344
Well done		13315	345
Patties, frozen:			
Raw		13316	346
Cooked, broiled, medium		13317	347
Variety meats and byproducts:			
Brain:			
Raw	438	13318	348
Cooked:			
Pan-fried		13319	349
Simmered		13320	350
Heart:			
Raw	1110	13321	351
Cooked, simmered	1111	13322	352
Kidneys:			
Raw	1159	13323	353
Cooked, simmered	1160	13324	354
Liver:			
Raw	1266	13325	355
Cooked:			
Braised		13326	356
Pan-fried	1267	13327	357
Lungs:			
Raw	1292	13328	358
Cooked, braised		13329	359
Mechanically separated beef, raw		13330	360
Pancreas:			
Raw	1463, 1464, 1465, 1466, 1467	13331	361
Cooked, braised		13332	362
Spleen:			
Raw	2181	13333	363
Cooked, braised		13334	364
Suet, raw	2228	13335	365
Tallow		13336	366
Thymus:			
Raw	2240	13337	367
Cooked, braised	2241	13338	368
Tongue:			
Raw	2301	13339	369
Cooked, simmered	2302	13340	370

	AH-8 item (1963)	AH-8-13 NDB No.	Page
Tripe, raw	2316	13341	371
Cured products:			
Beerwurst, beer salami		13342	372
Bologna		13343	373
Breakfast strips:			
Raw or unheated		13344	374
Cooked		13345	375
Corned beef:			
Brisket:			
Raw	374	13346	376
Cooked	375	13347	377
Canned	377	13348	378
Jellied loaf		13349	379
Dried beef	380	13350	380
Frankfurter		13351	381
Lebanon bologna		13352	382
Luncheon meats:			
Jellied		13353	383
Loaved		13354	384
Pastrami		13355	385
Salami, cooked, smoked	2018	13356	386
Sausage, cooked, smoked		13357	387
Smoked, chopped beef		13358	388
Summer sausage		13359	389
Thin-sliced beef		13360	390

Table of Nutrient Data

[Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount. Blank spaces indicate that the presence of the nutrient is uncertain.]

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19 ¹
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	57.62		261.37	16.34	210.67
Food energy	{ kcal kJ	292 1,222		1,324 5,541	83 346	1,067 4,466
Protein (N X6.25)	g	17.30		78.45	4.90	63.23
Total lipid (fat)	g	24.18		109.69	6.86	88.41
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.80		3.65	0.23	2.94
MINERALS:						
Calcium	mg	8		34	2	27
Iron	mg	1.83		8.29	0.52	6.68
Magnesium	mg	17		79	5	63
Phosphorus	mg	154		698	44	562
Potassium	mg	267		1,213	76	978
Sodium	mg	59		267	17	215
Zinc	mg	3.55		16.10	1.01	12.98
Copper	mg	0.068		0.308	0.019	0.249
Manganese	mg	0.013		0.059	0.004	0.048
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.076		0.345	0.022	0.278
Riboflavin	mg	0.164		0.744	0.046	0.600
Niacin	mg	3.532		16.021	1.001	12.913
Pantothenic acid	mg	0.322		1.461	0.091	1.177
Vitamin B ₆	mg	0.32		1.46	0.09	1.18
Folic acid	mcg	7		30	2	24
Vitamin B ₁₂	mcg	2.68		12.16	0.76	9.80
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.14		46.01	2.88	37.09
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.07		0.30	0.02	0.24
12:0	g	0.05		0.22	0.01	0.18
14:0	g	0.75		3.38	0.21	2.73
16:0	g	5.81		26.35	1.65	21.24
18:0	g	2.94		13.35	0.83	10.76
Monounsaturated, total	g	10.82		49.07	3.07	39.55
16:1	g	1.16		5.24	0.33	4.23
18:1	g	9.16		41.53	2.60	33.47
20:1	g	0.03		0.15	0.01	0.12
22:1	g					
Polyunsaturated, total	g	0.93		4.23	0.26	3.41
18:2	g	0.62		2.81	0.18	2.26
18:3	g	0.24		1.10	0.07	0.89
18:4	g					
20:4	g	0.05		0.23	0.01	0.18
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	74		337	21	272
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.194	61	0.880	0.055	0.709
Threonine	g	0.755	79	3.425	0.214	2.760
Isoleucine	g	0.778	79	3.529	0.221	2.844
Leucine	g	1.367	79	6.201	0.388	4.998
Lysine	g	1.439	79	6.527	0.408	5.261
Methionine	g	0.443	76	2.009	0.126	1.620
Cystine	g	0.194	59	0.880	0.055	0.709
Phenylalanine	g	0.675	78	3.062	0.191	2.468
Tyrosine	g	0.581	78	2.635	0.165	2.124
Valine	g	0.841	78	3.815	0.238	3.075
Arginine	g	1.093	75	4.958	0.310	3.996
Histidine	g	0.592	78	2.685	0.168	2.164
Alanine	g	1.043	75	4.731	0.296	3.813
Aspartic acid	g	1.580	75	7.167	0.448	5.776
Glutamic acid	g	2.598	75	11.785	0.737	9.498
Glycine	g	0.944	75	4.282	0.268	3.451
Proline	g	0.764	75	3.466	0.217	2.793
Serine	g	0.661	75	2.998	0.187	2.417

¹Includes kidneys, hanging tender and pelvic, kidney and heart fat.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20% ¹
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	58.60		265.82	16.61	212.14
Food energy	{ kcal . . .	281		1,275	80	1,018
	{ kJ . . .	1,176		5,336	333	4,258
Protein (N X6, 25)	g . . .	17.47		79.22	4.95	63.22
Total lipid (fat)	g . . .	22.90		103.88	6.49	82.90
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.81		3.69	0.23	2.95
MINERALS:						
Calcium	mg . . .	7		34	2	27
Iron	mg . . .	1.85		8.38	0.52	6.69
Magnesium	mg . . .	18		80	5	64
Phosphorus	mg . . .	156		708	44	565
Potassium	mg . . .	272		1,232	77	983
Sodium	mg . . .	59		267	17	213
Zinc	mg . . .	3.57		16.20	1.01	12.93
Copper	mg . . .	0.069		0.313	0.020	0.250
Manganese	mg . . .	0.013		0.059	0.004	0.047
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.078		0.354	0.022	0.282
Riboflavin	mg . . .	0.165		0.748	0.047	0.597
Niacin	mg . . .	3.536		16.039	1.002	12.800
Pantothenic acid	mg . . .	0.324		1.470	0.092	1.173
Vitamin B ₆	mg . . .	0.33		1.49	0.09	1.19
Folic acid	mcg . . .	7		30	2	24
Vitamin B ₁₂	mcg . . .	2.70		12.25	0.77	9.78
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	9.62		43.63	2.73	34.82
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.29	0.02	0.24
12:0	g . . .	0.05		0.21	0.01	0.17
14:0	g . . .	0.71		3.21	0.20	2.56
16:0	g . . .	5.51		24.98	1.56	19.94
18:0	g . . .	2.79		12.65	0.79	10.09
Monounsaturated, total	g . . .	10.25		46.49	2.91	37.10
16:1	g . . .	1.10		4.99	0.31	3.98
18:1	g . . .	8.67		39.32	2.46	31.38
20:1	g . . .	0.03		0.14	0.01	0.11
22:1	g . . .					
Polyunsaturated, total	g . . .	0.88		4.00	0.25	3.20
18:2	g . . .	0.58		2.65	0.17	2.11
18:3	g . . .	0.23		1.06	0.07	0.84
18:4	g . . .					
20:4	g . . .	0.05		0.21	0.01	0.17
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	74		334	21	266
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.196		0.889	0.056	0.710
Threonine	g . . .	0.763		3.461	0.216	2.762
Isoleucine	g . . .	0.785		3.561	0.223	2.842
Leucine	g . . .	1.380		6.260	0.391	4.996
Lysine	g . . .	1.453		6.591	0.412	5.260
Methionine	g . . .	0.447		2.028	0.127	1.618
Cystine	g . . .	0.196		0.889	0.056	0.710
Phenylalanine	g . . .	0.682		3.094	0.193	2.469
Tyrosine	g . . .	0.587		2.663	0.166	2.125
Valine	g . . .	0.849		3.851	0.241	3.073
Arginine	g . . .	1.104		5.008	0.313	3.996
Histidine	g . . .	0.598		2.713	0.170	2.165
Alanine	g . . .	1.053		4.776	0.299	3.812
Aspartic acid	g . . .	1.595		7.235	0.452	5.774
Glutamic acid	g . . .	2.624		11.902	0.744	9.499
Glycine	g . . .	0.953		4.323	0.270	3.450
Proline	g . . .	0.771		3.497	0.219	2.791
Serine	g . . .	0.668		3.030	0.189	2.418

¹Includes kidneys, hanging tender and pelvic, kidney, and heart fat.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	57.88			262.53	16.41	229.20
Food energy { kcal . . .	287			1,304	81	1,138
{ kJ . . .	1,203			5,455	341	4,763
Protein (N X6 . 25) g . . .	17.54			79.58	4.97	69.47
Total lipid (fat) g . . .	23.56			106.88	6.68	93.31
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.83			3.77	0.24	3.29
MINERALS:						
Calcium mg . . .	7			33	2	29
Iron mg . . .	1.86			8.44	0.53	7.37
Magnesium mg . . .	18			80	5	70
Phosphorus mg . . .	165			750	47	655
Potassium mg . . .	280			1,271	79	1,109
Sodium mg . . .	54			245	15	214
Zinc mg . . .	3.46			15.69	0.98	13.70
Copper mg . . .	0.070			0.318	0.020	0.277
Manganese mg . . .	0.012			0.054	0.003	0.048
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.092			0.417	0.026	0.364
Riboflavin mg . . .	0.158			0.717	0.045	0.626
Niacin mg . . .	3.023			13.712	0.857	11.971
Pantothenic acid mg . . .	0.304			1.379	0.086	1.204
Vitamin B ₆ mg . . .	0.36			1.65	0.10	1.44
Folacin mcg . . .	6			29	2	25
Vitamin B ₁₂ mcg . . .	2.77			12.58	0.79	10.99
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	10.10			45.79	2.86	39.98
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.08			0.38	0.02	0.33
12:0 g . . .	0.06			0.26	0.02	0.23
14:0 g . . .	0.76			3.44	0.22	3.01
16:0 g . . .	5.77			26.17	1.64	22.85
18:0 g . . .	2.89			13.12	0.82	11.45
Monounsaturated, total g . . .	10.67			48.38	3.02	42.23
16:1 g . . .	1.21			5.48	0.34	4.78
18:1 g . . .	8.95			40.62	2.54	35.46
20:1 g . . .	0.03			0.15	0.01	0.13
22:1 g . . .						
Polyunsaturated, total g . . .	0.88			3.98	0.25	3.48
18:2 g . . .	0.55			2.48	0.16	2.17
18:3 g . . .	0.30			1.35	0.08	1.18
18:4 g . . .						
20:4 g . . .	0.02			0.11	0.01	0.10
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	70			318	20	277
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.196			0.889	0.056	0.776
Threonine g . . .	0.766			3.475	0.217	3.033
Isoleucine g . . .	0.789			3.579	0.224	3.124
Leucine g . . .	1.387			6.291	0.393	5.493
Lysine g . . .	1.460			6.623	0.414	5.782
Methionine g . . .	0.449			2.037	0.127	1.778
Cystine g . . .	0.196			0.889	0.056	0.776
Phenylalanine g . . .	0.685			3.107	0.194	2.713
Tyrosine g . . .	0.589			2.672	0.167	2.332
Valine g . . .	0.853			3.869	0.242	3.378
Arginine g . . .	1.109			5.030	0.314	4.392
Histidine g . . .	0.601			2.726	0.170	2.380
Alanine g . . .	1.058			4.799	0.300	4.190
Aspartic acid g . . .	1.603			7.271	0.454	6.348
Glutamic acid g . . .	2.636			11.957	0.747	10.439
Glycine g . . .	0.957			4.341	0.271	3.790
Proline g . . .	0.775			3.515	0.220	3.069
Serine g . . .	0.671			3.044	0.190	2.657

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%
				3 oz	1 lb raw AP	
				= 85 g	yields 274 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	46.90		39.86	128.59	173.80
Food energy	{ kcal . . . kJ . . .	349 1,460		297 1,241	957 4,003	1,293 5,411
Protein (N X 6.25)	g . . .	24.95		21.20	68.40	92.45
Total lipid (fat)	g . . .	26.88		22.85	73.70	99.61
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.00		0.85	2.74	3.70
MINERALS:						
Calcium	mg . . .	10		8	27	36
Iron	mg . . .	2.60		2.21	7.14	9.65
Magnesium	mg . . .	21		18	58	78
Phosphorus	mg . . .	193		164	529	714
Potassium	mg . . .	287		244	788	1,065
Sodium	mg . . .	59		50	160	217
Zinc	mg . . .	5.49		4.67	15.06	20.36
Copper	mg . . .	0.109		0.093	0.299	0.404
Manganese	mg . . .	0.014		0.012	0.038	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.079		0.067	0.217	0.293
Riboflavin	mg . . .	0.211		0.179	0.579	0.782
Niacin	mg . . .	3.463		2.944	9.496	12.834
Pantothenic acid	mg . . .	0.336		0.286	0.921	1.245
Vitamin B ₆	mg . . .	0.31		0.26	0.85	1.15
Folic acid	mcg . . .	7		6	20	27
Vitamin B ₁₂	mcg . . .	2.39		2.03	6.55	8.85
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	11.12		9.45	30.49	41.20
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.07	0.21	0.29
12:0	g . . .	0.07		0.06	0.20	0.27
14:0	g . . .	0.86		0.73	2.34	3.17
16:0	g . . .	6.56		5.58	17.99	24.32
18:0	g . . .	3.07		2.61	8.42	11.38
Monounsaturated, total	g . . .	12.04		10.23	33.00	44.61
16:1	g . . .	1.13		0.96	3.11	4.20
18:1	g . . .	10.35		8.80	28.38	38.35
20:1	g . . .	0.05		0.04	0.14	0.19
22:1	g . . .					
Polyunsaturated, total	g . . .	1.02		0.86	2.78	3.76
18:2	g . . .	0.66		0.56	1.80	2.43
18:3	g . . .	0.31		0.26	0.84	1.14
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.09	0.12
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	91		78	250	338
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.279		0.237	0.765	1.034
Threonine	g . . .	1.090		0.927	2.989	4.040
Isoleucine	g . . .	1.121		0.953	3.074	4.154
Leucine	g . . .	1.972		1.676	5.407	7.308
Lysine	g . . .	2.075		1.764	5.690	7.690
Methionine	g . . .	0.639		0.543	1.752	2.368
Cystine	g . . .	0.279		0.237	0.765	1.034
Phenylalanine	g . . .	0.974		0.828	2.671	3.610
Tyrosine	g . . .	0.838		0.712	2.298	3.106
Valine	g . . .	1.213		1.031	3.326	4.495
Arginine	g . . .	1.576		1.340	4.321	5.841
Histidine	g . . .	0.854		0.726	2.342	3.165
Alanine	g . . .	1.505		1.279	4.127	5.578
Aspartic acid	g . . .	2.279		1.937	6.249	8.446
Glutamic acid	g . . .	3.748		3.186	10.277	13.890
Glycine	g . . .	1.361		1.157	3.732	5.044
Proline	g . . .	1.102		0.937	3.022	4.084
Serine	g . . .	0.954		0.811	2.616	3.536

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	57.72		261.84	16.36	228.30
Food energy	{ kcal	289		1,312	82	1,144
	{ kJ	1,210		5,490	343	4,787
Protein (N X6, 25)	g	17.53		79.53	4.97	69.35
Total lipid (fat)	g	23.77		107.82	6.74	94.01
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.83		3.76	0.24	3.28
MINERALS:						
Calcium	mg	7		33	2	29
Iron	mg	1.86		8.43	0.53	7.35
Magnesium	mg	18		80	5	70
Phosphorus	mg	165		750	47	654
Potassium	mg	280		1,270	79	1,107
Sodium	mg	54		245	15	214
Zinc	mg	3.47		15.72	0.98	13.70
Copper	mg	0.070		0.318	0.020	0.277
Manganese	mg	0.012		0.054	0.003	0.047
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.092		0.417	0.026	0.364
Riboflavin	mg	0.157		0.712	0.045	0.621
Niacin	mg	3.019		13.694	0.856	11.940
Pantothenic acid	mg	0.304		1.379	0.086	1.202
Vitamin B ₆	mg	0.36		1.65	0.10	1.44
Folacin	mcg	6		29	2	25
Vitamin B ₁₂	mcg	2.78		12.59	0.79	10.98
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.18		46.16	2.88	40.25
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.08		0.38	0.02	0.33
12:0	g	0.06		0.26	0.02	0.23
14:0	g	0.76		3.47	0.22	3.02
16:0	g	5.82		26.39	1.65	23.01
18:0	g	2.92		13.23	0.83	11.53
Monounsaturated, total	g	10.76		48.80	3.05	42.55
16:1	g	1.22		5.52	0.34	4.81
18:1	g	9.03		40.98	2.56	35.73
20:1	g	0.03		0.15	0.01	0.13
22:1	g					
Polyunsaturated, total	g	0.89		4.01	0.25	3.50
18:2	g	0.55		2.51	0.16	2.19
18:3	g	0.30		1.35	0.08	1.17
18:4	g					
20:4	g	0.03		0.11	0.01	0.10
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	70		318	20	277
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.196		0.889	0.056	0.775
Threonine	g	0.766		3.475	0.217	3.030
Isoleucine	g	0.788		3.574	0.223	3.117
Leucine	g	1.386		6.287	0.393	5.482
Lysine	g	1.459		6.618	0.414	5.770
Methionine	g	0.449		2.037	0.127	1.776
Cystine	g	0.196		0.889	0.056	0.775
Phenylalanine	g	0.684		3.103	0.194	2.705
Tyrosine	g	0.589		2.672	0.167	2.329
Valine	g	0.853		3.869	0.242	3.374
Arginine	g	1.108		5.026	0.314	4.382
Histidine	g	0.600		2.722	0.170	2.373
Alanine	g	1.057		4.795	0.300	4.180
Aspartic acid	g	1.602		7.267	0.454	6.336
Glutamic acid	g	2.634		11.948	0.747	10.417
Glycine	g	0.957		4.341	0.271	3.785
Proline	g	0.774		3.511	0.219	3.061
Serine	g	0.670		3.039	0.190	2.650

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%
				3 oz = 85 g	1 lb raw AP yields 274 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	46.69		39.68	128.02	173.03
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	351 1,470		299 1,249	963 4,030	1,302 5,446
Protein (N X 6.25)	g . . .	24.94		21.20	68.39	92.43
Total lipid (fat)	g . . .	27.13		23.06	74.40	100.55
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.00		0.85	2.74	3.70
MINERALS:						
Calcium	mg . . .	10		8	27	36
Iron	mg . . .	2.60		2.21	7.14	9.65
Magnesium	mg . . .	21		18	58	78
Phosphorus	mg . . .	193		164	528	714
Potassium	mg . . .	287		244	788	1,064
Sodium	mg . . .	59		50	161	217
Zinc	mg . . .	5.50		4.68	15.08	20.38
Copper	mg . . .	0.109		0.093	0.299	0.404
Manganese	mg . . .	0.014		0.012	0.038	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.079		0.067	0.217	0.293
Riboflavin	mg . . .	0.211		0.179	0.579	0.782
Niacin	mg . . .	3.461		2.942	9.490	12.826
Pantothenic acid	mg . . .	0.335		0.285	0.919	1.242
Vitamin B ₆	mg . . .	0.31		0.26	0.85	1.15
Folacin	mcg . . .	7		6	20	27
Vitamin B ₁₂	mcg . . .	2.39		2.03	6.54	8.84
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	11.22		9.54	30.77	41.59
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.07	0.21	0.29
12:0	g . . .	0.07		0.06	0.20	0.27
14:0	g . . .	0.86		0.73	2.37	3.20
16:0	g . . .	6.62		5.63	18.15	24.54
18:0	g . . .	3.10		2.64	8.51	11.50
Monounsaturated, total	g . . .	12.15		10.33	33.32	45.04
16:1	g . . .	1.14		0.97	3.13	4.23
18:1	g . . .	10.45		8.88	28.66	38.74
20:1	g . . .	0.05		0.04	0.14	0.19
22:1	g . . .					
Polyunsaturated, total	g . . .	1.03		0.87	2.81	3.80
18:2	g . . .	0.66		0.56	1.82	2.46
18:3	g . . .	0.31		0.26	0.84	1.14
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.09	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	91		78	250	338
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.279		0.237	0.765	1.034
Threonine	g . . .	1.089		0.926	2.986	4.036
Isoleucine	g . . .	1.121		0.953	3.074	4.154
Leucine	g . . .	1.971		1.675	5.404	7.305
Lysine	g . . .	2.075		1.764	5.690	7.690
Methionine	g . . .	0.638		0.542	1.749	2.364
Cystine	g . . .	0.279		0.237	0.765	1.034
Phenylalanine	g . . .	0.974		0.828	2.671	3.610
Tyrosine	g . . .	0.838		0.712	2.298	3.106
Valine	g . . .	1.213		1.031	3.326	4.495
Arginine	g . . .	1.576		1.340	4.321	5.841
Histidine	g . . .	0.854		0.726	2.342	3.165
Alanine	g . . .	1.504		1.278	4.124	5.574
Aspartic acid	g . . .	2.278		1.936	6.246	8.442
Glutamic acid	g . . .	3.747		3.185	10.274	13.886
Glycine	g . . .	1.361		1.157	3.732	5.044
Proline	g . . .	1.101		0.936	3.019	4.080
Serine	g . . .	0.954		0.811	2.616	3.536

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	59.19		268.47	16.78	234.08
Food energy	{ <i>kcal</i> <i>kJ</i>	273 1,143		1,239 5,186	77 324	1,081 4,522
Protein (N X 6.25)	g	17.77		80.61	5.04	70.29
Total lipid (fat)	g	21.88		99.25	6.20	86.54
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.84		3.83	0.24	3.34
MINERALS:						
Calcium	mg	7		32	2	28
Iron	mg	1.89		8.56	0.53	7.46
Magnesium	mg	18		82	5	72
Phosphorus	mg	168		761	48	664
Potassium	mg	285		1,294	81	1,128
Sodium	mg	55		247	15	216
Zinc	mg	3.50		15.89	0.99	13.86
Copper	mg	0.071		0.322	0.020	0.281
Manganese	mg	0.012		0.054	0.003	0.047
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.093		0.422	0.026	0.368
Riboflavin	mg	0.160		0.726	0.045	0.633
Niacin	mg	3.065		13.903	0.869	12.122
Pantothenic acid	mg	0.308		1.397	0.087	1.218
Vitamin B ₆	mg	0.37		1.67	0.10	1.46
Folacin	mcg	6		29	2	26
Vitamin B ₁₂	mcg	2.80		12.70	0.79	11.07
Vitamin A	{ <i>RE</i> <i>IU</i>	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.38		42.56	2.66	37.11
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.08		0.36	0.02	0.31
12:0	g	0.05		0.24	0.02	0.21
14:0	g	0.71		3.20	0.20	2.79
16:0	g	5.36		24.32	1.52	21.21
18:0	g	2.69		12.18	0.76	10.62
Monounsaturated, total	g	9.91		44.95	2.81	39.19
16:1	g	1.13		5.11	0.32	4.45
18:1	g	8.32		37.72	2.36	32.89
20:1	g	0.03		0.14	0.01	0.12
22:1	g					
Polyunsaturated, total	g	0.81		3.69	0.23	3.22
18:2	g	0.51		2.30	0.14	2.00
18:3	g	0.28		1.26	0.08	1.10
18:4	g					
20:4	g	0.02		0.10	0.01	0.08
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	69		315	20	274
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.199		0.903	0.056	0.787
Threonine	g	0.776		3.520	0.220	3.069
Isoleucine	g	0.799		3.624	0.227	3.160
Leucine	g	1.404		6.369	0.398	5.553
Lysine	g	1.478		6.704	0.419	5.845
Methionine	g	0.455		2.064	0.129	1.800
Cystine	g	0.199		0.903	0.056	0.787
Phenylalanine	g	0.694		3.148	0.197	2.745
Tyrosine	g	0.597		2.708	0.169	2.361
Valine	g	0.864		3.919	0.245	3.417
Arginine	g	1.123		5.094	0.318	4.441
Histidine	g	0.608		2.758	0.172	2.405
Alanine	g	1.072		4.863	0.304	4.240
Aspartic acid	g	1.623		7.362	0.460	6.419
Glutamic acid	g	2.670		12.111	0.757	10.560
Glycine	g	0.969		4.395	0.275	3.832
Proline	g	0.785		3.561	0.223	3.105
Serine	g	0.679		3.080	0.192	2.685

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18% g EP
				3 oz = 85 g	1 lb raw AP yields 274 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	48.00		40.80	131.47	177.65
Food energy	{ kcal . . . kJ . . .	334 1,398		284 1,188	915 3,828	1,236 5,173
Protein (N X 6.25)	g . . .	25.28		21.49	69.25	93.58
Total lipid (fat)	g . . .	25.07		21.31	68.66	92.77
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.01		0.86	2.77	3.74
MINERALS:						
Calcium	mg . . .	10		8	27	36
Iron	mg . . .	2.64		2.24	7.23	9.76
Magnesium	mg . . .	21		18	59	79
Phosphorus	mg . . .	196		167	537	726
Potassium	mg . . .	292		248	799	1,080
Sodium	mg . . .	59		50	161	218
Zinc	mg . . .	5.57		4.73	15.26	20.61
Copper	mg . . .	0.111		0.094	0.304	0.411
Manganese	mg . . .	0.014		0.012	0.038	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.080		0.068	0.219	0.296
Riboflavin	mg . . .	0.214		0.182	0.586	0.792
Niacin	mg . . .	3.514		2.987	9.625	13.005
Pantothenic acid	mg . . .	0.340		0.289	0.931	1.258
Vitamin B ₆	mg . . .	0.32		0.27	0.86	1.17
Folacin	mcg . . .	8		6	21	28
Vitamin B ₁₂	mcg . . .	2.41		2.04	6.59	8.90
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.37		8.81	28.40	38.37
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.06	0.20	0.27
12:0	g . . .	0.07		0.06	0.19	0.25
14:0	g . . .	0.80		0.68	2.19	2.95
16:0	g . . .	6.12		5.20	16.77	22.65
18:0	g . . .	2.86		2.43	7.84	10.59
Monounsaturated, total	g . . .	11.23		9.54	30.75	41.55
16:1	g . . .	1.06		0.90	2.90	3.92
18:1	g . . .	9.65		8.20	26.44	35.72
20:1	g . . .	0.05		0.04	0.13	0.17
22:1	g . . .					
Polyunsaturated, total	g . . .	0.95		0.80	2.59	3.50
18:2	g . . .	0.61		0.52	1.68	2.27
18:3	g . . .	0.29		0.24	0.79	1.07
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.08	0.11
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	91		77	250	337
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.283		0.241	0.775	1.047
Threonine	g . . .	1.104		0.938	3.024	4.086
Isoleucine	g . . .	1.137		0.966	3.114	4.208
Leucine	g . . .	1.998		1.698	5.473	7.395
Lysine	g . . .	2.103		1.788	5.760	7.783
Methionine	g . . .	0.647		0.550	1.772	2.395
Cystine	g . . .	0.283		0.241	0.775	1.047
Phenylalanine	g . . .	0.987		0.839	2.703	3.653
Tyrosine	g . . .	0.849		0.722	2.325	3.142
Valine	g . . .	1.230		1.046	3.369	4.552
Arginine	g . . .	1.598		1.358	4.377	5.914
Histidine	g . . .	0.866		0.736	2.372	3.205
Alanine	g . . .	1.525		1.296	4.177	5.644
Aspartic acid	g . . .	2.310		1.964	6.327	8.549
Glutamic acid	g . . .	3.798		3.228	10.403	14.056
Glycine	g . . .	1.379		1.172	3.777	5.104
Proline	g . . .	1.116		0.949	3.057	4.130
Serine	g . . .	0.967		0.822	2.649	3.579

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	52.58		238.51	14.91	211.06
Food energy	{ kcal kJ	344 1,439		1,560 6,528	98 408	1,381 5,776
Protein (N X6, 25)	g	16.55		75.05	4.69	66.41
Total lipid (fat)	g	30.30		137.44	8.59	121.62
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.77		3.51	0.22	3.10
MINERALS:						
Calcium	mg	7		34	2	30
Iron	mg	1.75		7.92	0.49	7.00
Magnesium	mg	16		73	5	65
Phosphorus	mg	155		703	44	622
Potassium	mg	257		1,168	73	1,033
Sodium	mg	51		233	15	206
Zinc	mg	3.19		14.48	0.90	12.81
Copper	mg	0.066		0.299	0.019	0.265
Manganese	mg	0.011		0.050	0.003	0.044
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.087		0.395	0.025	0.349
Riboflavin	mg	0.149		0.676	0.042	0.598
Niacin	mg	2.855		12.950	0.809	11.460
Pantothenic acid	mg	0.285		1.293	0.081	1.144
Vitamin B ₆	mg	0.34		1.55	0.10	1.37
Folic acid	mcg	6		27	2	24
Vitamin B ₁₂	mcg	2.63		11.93	0.75	10.56
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.98		58.89	3.68	52.11
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.11		0.49	0.03	0.44
12:0	g	0.08		0.34	0.02	0.30
14:0	g	0.98		4.44	0.28	3.93
16:0	g	7.42		33.67	2.10	29.80
18:0	g	3.72		16.88	1.06	14.94
Monounsaturated, total	g	13.71		62.19	3.89	55.03
16:1	g	1.56		7.05	0.44	6.24
18:1	g	11.51		52.20	3.26	46.19
20:1	g	0.04		0.20	0.01	0.17
22:1	g					
Polyunsaturated, total	g	1.13		5.13	0.32	4.54
18:2	g	0.70		3.19	0.20	2.82
18:3	g	0.38		1.74	0.11	1.54
18:4	g					
20:4	g	0.03		0.14	0.01	0.12
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	73		332	21	294
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.185		0.839	0.052	0.743
Threonine	g	0.723		3.280	0.205	2.902
Isoleucine	g	0.744		3.375	0.211	2.986
Leucine	g	1.308		5.933	0.371	5.250
Lysine	g	1.376		6.242	0.390	5.523
Methionine	g	0.424		1.923	0.120	1.702
Cystine	g	0.185		0.839	0.052	0.743
Phenylalanine	g	0.646		2.930	0.183	2.593
Tyrosine	g	0.556		2.522	0.158	2.232
Valine	g	0.805		3.651	0.228	3.231
Arginine	g	1.046		4.745	0.297	4.199
Histidine	g	0.566		2.567	0.160	2.272
Alanine	g	0.998		4.527	0.283	4.006
Aspartic acid	g	1.511		6.854	0.428	6.065
Glutamic acid	g	2.486		11.276	0.705	9.979
Glycine	g	0.903		4.096	0.256	3.625
Proline	g	0.731		3.316	0.207	2.934
Serine	g	0.633		2.871	0.179	2.541

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%
				3 oz = 85 g	1 lb raw AP yields 279 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	42.62		36.22	118.90	158.49
Food energy	{ kcal . . . kJ . . .	405 1,694		344 1,440	1,130 4,727	1,506 6,301
Protein (N X 6.25)	g . . .	23.40		19.89	65.28	87.01
Total lipid (fat)	g . . .	33.82		28.75	94.36	125.78
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.94		0.80	2.62	3.50
MINERALS:						
Calcium	mg . . .	10		9	29	38
Iron	mg . . .	2.44		2.07	6.81	9.07
Magnesium	mg . . .	19		17	54	72
Phosphorus	mg . . .	179		152	500	666
Potassium	mg . . .	269		228	750	999
Sodium	mg . . .	57		48	158	210
Zinc	mg . . .	5.04		4.29	14.07	18.76
Copper	mg . . .	0.102		0.087	0.285	0.379
Manganese	mg . . .	0.013		0.011	0.036	0.048
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.074		0.063	0.206	0.275
Riboflavin	mg . . .	0.198		0.168	0.552	0.736
Niacin	mg . . .	3.252		2.764	9.073	12.094
Pantothenic acid	mg . . .	0.316		0.269	0.882	1.175
Vitamin B ₆	mg . . .	0.29		0.25	0.81	1.08
Folic acid	mcg . . .	7		6	19	26
Vitamin B ₁₂	mcg . . .	2.31		1.97	6.46	8.61
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	14.01		11.90	39.07	52.08
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.10		0.09	0.28	0.37
12:0	g . . .	0.09		0.08	0.26	0.35
14:0	g . . .	1.08		0.92	3.01	4.01
16:0	g . . .	8.27		7.03	23.08	30.76
18:0	g . . .	3.86		3.28	10.77	14.35
Monounsaturated, total	g . . .	15.15		12.88	42.28	56.35
16:1	g . . .	1.43		1.22	3.99	5.32
18:1	g . . .	13.02		11.07	36.33	48.43
20:1	g . . .	0.07		0.06	0.18	0.24
22:1	g . . .					
Polyunsaturated, total	g . . .	1.28		1.09	3.58	4.77
18:2	g . . .	0.83		0.70	2.30	3.07
18:3	g . . .	0.39		0.33	1.10	1.47
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.11	0.15
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	92		78	256	341
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.262		0.223	0.731	0.974
Threonine	g . . .	1.022		0.869	2.851	3.801
Isoleucine	g . . .	1.052		0.894	2.935	3.912
Leucine	g . . .	1.849		1.572	5.159	6.876
Lysine	g . . .	1.946		1.654	5.429	7.237
Methionine	g . . .	0.599		0.509	1.671	2.228
Cystine	g . . .	0.262		0.223	0.731	0.974
Phenylalanine	g . . .	0.913		0.776	2.547	3.395
Tyrosine	g . . .	0.786		0.668	2.193	2.923
Valine	g . . .	1.138		0.967	3.175	4.232
Arginine	g . . .	1.478		1.256	4.124	5.497
Histidine	g . . .	0.801		0.681	2.235	2.979
Alanine	g . . .	1.411		1.199	3.937	5.248
Aspartic acid	g . . .	2.137		1.816	5.962	7.948
Glutamic acid	g . . .	3.515		2.988	9.807	13.072
Glycine	g . . .	1.276		1.085	3.560	4.745
Proline	g . . .	1.033		0.878	2.882	3.842
Serine	g . . .	0.895		0.761	2.497	3.329

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%, separable fat 23%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.60		324.77	20.30	207.85
Food energy	{ kcal . . . kJ . . .	147 613		665 2,780	42 174	425 1,779
Protein (N X6.25)	g . . .	20.94		94.99	5.94	60.79
Total lipid (fat)	g . . .	6.33		28.70	1.79	18.37
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.03		4.68	0.29	3.00
MINERALS:						
Calcium	mg . . .	6		28	2	18
Iron	mg . . .	2.27		10.28	0.64	6.58
Magnesium	mg . . .	23		105	7	67
Phosphorus	mg . . .	201		911	57	583
Potassium	mg . . .	358		1,624	101	1,039
Sodium	mg . . .	63		286	18	183
Zinc	mg . . .	4.36		19.76	1.24	12.65
Copper	mg . . .	0.083		0.376	0.024	0.241
Manganese	mg . . .	0.014		0.064	0.004	0.041
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.111		0.503	0.031	0.322
Riboflavin	mg . . .	0.189		0.857	0.054	0.549
Niacin	mg . . .	3.605		16.352	1.022	10.465
Pantothenic acid	mg . . .	0.364		1.651	0.103	1.057
Vitamin B ₆	mg . . .	0.43		1.97	0.12	1.26
Folacin	mcg . . .	8		34	2	22
Vitamin B ₁₂	mcg . . .	3.25		14.76	0.92	9.44
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.45		11.12	0.69	7.12
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.17		0.75	0.05	0.48
16:0	g . . .	1.42		6.42	0.40	4.11
18:0	g . . .	0.74		3.33	0.21	2.13
Monounsaturated, total	g . . .	2.76		12.52	0.78	8.02
16:1	g . . .	0.24		1.07	0.07	0.69
18:1	g . . .	2.40		10.90	0.68	6.97
20:1	g . . .	0.01		0.03	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.26		1.18	0.07	0.75
18:2	g . . .	0.20		0.92	0.06	0.59
18:3	g . . .	0.01		0.06	0.00	0.04
18:4	g . . .					
20:4	g . . .	0.03		0.15	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		270	17	173
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.235		1.066	0.067	0.682
Threonine	g . . .	0.915		4.150	0.259	2.656
Isoleucine	g . . .	0.941		4.268	0.267	2.732
Leucine	g . . .	1.655		7.507	0.469	4.804
Lysine	g . . .	1.742		7.902	0.494	5.057
Methionine	g . . .	0.536		2.431	0.152	1.556
Cystine	g . . .	0.235		1.066	0.067	0.682
Phenylalanine	g . . .	0.817		3.706	0.232	2.372
Tyrosine	g . . .	0.704		3.193	0.200	2.044
Valine	g . . .	1.018		4.618	0.289	2.955
Arginine	g . . .	1.323		6.001	0.375	3.841
Histidine	g . . .	0.717		3.252	0.203	2.081
Alanine	g . . .	1.263		5.729	0.358	3.666
Aspartic acid	g . . .	1.913		8.677	0.542	5.553
Glutamic acid	g . . .	3.146		14.270	0.892	9.133
Glycine	g . . .	1.142		5.180	0.324	3.315
Proline	g . . .	0.925		4.196	0.262	2.685
Serine	g . . .	0.801		3.633	0.227	2.325

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%, separable fat 23%
				3 oz = 85 g	1 lb raw AP yields 198 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	57.75			49.08	114.57	154.82
Food energy { kcal	222			189	441	596
{ kJ	930			790	1,845	2,493
Protein (N X6 . 25) g	30.42			25.86	60.35	81.56
Total lipid (fat) g	10.24			8.70	20.31	27.44
Carbohydrate, total g	0.00			0.00	0.00	0.00
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	1.21			1.03	2.39	3.24
MINERALS:						
Calcium mg	8			7	16	22
Iron mg	3.20			2.72	6.34	8.57
Magnesium mg	27			23	53	71
Phosphorus mg	245			208	486	656
Potassium mg	352			299	698	943
Sodium mg	65			55	129	175
Zinc mg	7.06			6.00	14.01	18.94
Copper mg	0.134			0.114	0.266	0.359
Manganese mg	0.017			0.014	0.034	0.046
VITAMINS:						
Ascorbic acid mg	0.0			0.0	0.0	0.0
Thiamin mg	0.096			0.082	0.190	0.257
Riboflavin mg	0.257			0.218	0.510	0.689
Niacin mg	4.193			3.564	8.319	11.241
Pantothenic acid. mg	0.406			0.345	0.806	1.088
Vitamin B ₆ mg	0.38			0.32	0.74	1.01
Folicin mcg	9			8	18	24
Vitamin B ₁₂ mcg	2.68			2.28	5.32	7.19
Vitamin A { RE	--			--	--	--
{ IU	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	3.98			3.38	7.90	10.68
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.01			0.00	0.01	0.01
12:0 g	0.01			0.01	0.01	0.02
14:0 g	0.28			0.24	0.56	0.76
16:0 g	2.27			1.93	4.50	6.08
18:0 g	1.24			1.05	2.45	3.31
Monounsaturated, total g	4.45			3.79	8.84	11.94
16:1 g	0.37			0.31	0.73	0.98
18:1 g	3.92			3.33	7.77	10.50
20:1 g	0.01			0.00	0.01	0.01
22:1 g						
Polyunsaturated, total g	0.38			0.32	0.74	1.01
18:2 g	0.29			0.24	0.57	0.77
18:3 g	0.03			0.02	0.05	0.07
18:4 g						
20:4 g	0.04			0.04	0.09	0.12
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	90			76	178	240
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.341			0.290	0.677	0.914
Threonine g	1.329			1.130	2.637	3.563
Isoleucine g	1.368			1.163	2.714	3.668
Leucine g	2.404			2.043	4.770	6.445
Lysine g	2.531			2.151	5.022	6.786
Methionine g	0.779			0.662	1.546	2.088
Cystine g	0.341			0.290	0.677	0.914
Phenylalanine g	1.188			1.010	2.357	3.185
Tyrosine g	1.022			0.869	2.028	2.740
Valine g	1.480			1.258	2.936	3.968
Arginine g	1.922			1.634	3.813	5.153
Histidine g	1.042			0.886	2.067	2.794
Alanine g	1.835			1.560	3.641	4.920
Aspartic acid g	2.779			2.362	5.514	7.450
Glutamic acid. g	4.570			3.885	9.067	12.252
Glycine g	1.660			1.411	3.293	4.450
Proline g	1.343			1.142	2.665	3.601
Serine g	1.163			0.989	2.307	3.118

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%, separable fat 23%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.39		323.83	20.24	207.25
Food energy	{ kcal . . .	149		676	42	432
	{ kJ . . .	623		2,827	177	1,809
Protein (N X 6.25)	g . . .	20.93		94.95	5.93	60.77
Total lipid (fat)	g . . .	6.61		29.96	1.87	19.18
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.03		4.68	0.29	3.00
MINERALS:						
Calcium	mg . . .	6		28	2	18
Iron	mg . . .	2.27		10.28	0.64	6.58
Magnesium	mg . . .	23		105	7	67
Phosphorus	mg . . .	201		911	57	583
Potassium	mg . . .	358		1,623	101	1,039
Sodium	mg . . .	63		287	18	184
Zinc	mg . . .	4.36		19.79	1.24	12.67
Copper	mg . . .	0.083		0.376	0.024	0.241
Manganese	mg . . .	0.014		0.064	0.004	0.041
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.111		0.503	0.031	0.322
Riboflavin	mg . . .	0.189		0.857	0.054	0.549
Niacin	mg . . .	3.602		16.339	1.021	10.457
Pantothenic acid	mg . . .	0.364		1.651	0.103	1.057
Vitamin B ₆	mg . . .	0.43		1.97	0.12	1.26
Folic acid	mcg . . .	8		34	2	22
Vitamin B ₁₂	mcg . . .	3.26		14.77	0.92	9.45
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.56		11.62	0.73	7.43
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.17		0.78	0.05	0.50
16:0	g . . .	1.48		6.70	0.42	4.29
18:0	g . . .	0.77		3.48	0.22	2.23
Monounsaturated, total	g . . .	2.88		13.08	0.82	8.37
16:1	g . . .	0.25		1.12	0.07	0.71
18:1	g . . .	2.51		11.38	0.71	7.28
20:1	g . . .	0.01		0.03	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.27		1.23	0.08	0.79
18:2	g . . .	0.21		0.96	0.06	0.62
18:3	g . . .	0.02		0.07	0.00	0.04
18:4	g . . .					
20:4	g . . .	0.03		0.15	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		270	17	173
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.234		1.061	0.066	0.679
Threonine	g . . .	0.914		4.146	0.259	2.653
Isoleucine	g . . .	0.941		4.268	0.267	2.732
Leucine	g . . .	1.654		7.503	0.469	4.802
Lysine	g . . .	1.741		7.897	0.494	5.054
Methionine	g . . .	0.536		2.431	0.152	1.556
Cystine	g . . .	0.234		1.061	0.066	0.679
Phenylalanine	g . . .	0.817		3.706	0.232	2.372
Tyrosine	g . . .	0.703		3.189	0.199	2.041
Valine	g . . .	1.018		4.618	0.289	2.955
Arginine	g . . .	1.323		6.001	0.375	3.841
Histidine	g . . .	0.717		3.252	0.203	2.081
Alanine	g . . .	1.263		5.729	0.358	3.666
Aspartic acid	g . . .	1.912		8.673	0.542	5.551
Glutamic acid	g . . .	3.145		14.266	0.892	9.130
Glycine	g . . .	1.142		5.180	0.324	3.315
Proline	g . . .	0.924		4.191	0.262	2.682
Serine	g . . .	0.800		3.629	0.227	2.322

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%, separable fat 23%	
				3 oz = 85 g	1 lb raw AP yields 198 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	57.46		48.84	114.00	154.04	
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	225 943		192 801	447 1,871	604 2,528	
Protein (N X 6.25)	g	30.42		25.85	60.35	81.55	
Total lipid (fat)	g	10.59		9.00	21.00	28.38	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.21		1.03	2.39	3.24	
MINERALS:							
Calcium	mg	8		7	16	22	
Iron	mg	3.20		2.72	6.34	8.57	
Magnesium	mg	27		23	53	71	
Phosphorus	mg	245		208	485	656	
Potassium	mg	352		299	698	943	
Sodium	mg	65		55	129	175	
Zinc	mg	7.07		6.01	14.03	18.96	
Copper	mg	0.134		0.114	0.266	0.360	
Manganese	mg	0.017		0.014	0.034	0.046	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.096		0.082	0.190	0.257	
Riboflavin	mg	0.257		0.218	0.510	0.689	
Niacin	mg	4.190		3.562	8.313	11.233	
Pantothenic acid	mg	0.406		0.345	0.806	1.088	
Vitamin B ₆	mg	0.38		0.32	0.74	1.01	
Folacin	mcg	9		8	18	24	
Vitamin B ₁₂	mcg	2.68		2.28	5.32	7.19	
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.13		3.51	8.19	11.07	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.00	0.01	0.01	
12:0	g	0.01		0.01	0.01	0.02	
14:0	g	0.29		0.25	0.58	0.79	
16:0	g	2.35		2.00	4.66	6.30	
18:0	g	1.28		1.09	2.54	3.43	
Monounsaturated, total	g	4.61		3.92	9.15	12.37	
16:1	g	0.38		0.32	0.75	1.02	
18:1	g	4.06		3.45	8.05	10.88	
20:1	g	0.01		0.00	0.01	0.01	
22:1	g						
Polyunsaturated, total	g	0.39		0.33	0.77	1.04	
18:2	g	0.30		0.25	0.59	0.80	
18:3	g	0.03		0.02	0.05	0.07	
18:4	g						
20:4	g	0.05		0.04	0.09	0.12	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90		76	178	241	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.341		0.290	0.677	0.914	
Threonine	g	1.328		1.129	2.635	3.560	
Isoleucine	g	1.367		1.162	2.712	3.665	
Leucine	g	2.403		2.043	4.768	6.442	
Lysine	g	2.530		2.151	5.020	6.783	
Methionine	g	0.779		0.662	1.546	2.088	
Cystine	g	0.341		0.290	0.677	0.914	
Phenylalanine	g	1.188		1.010	2.357	3.185	
Tyrosine	g	1.022		0.869	2.028	2.740	
Valine	g	1.479		1.257	2.934	3.965	
Arginine	g	1.922		1.634	3.813	5.153	
Histidine	g	1.041		0.885	2.065	2.791	
Alanine	g	1.834		1.559	3.639	4.917	
Aspartic acid	g	2.779		2.362	5.514	7.450	
Glutamic acid	g	4.569		3.884	9.065	12.249	
Glycine	g	1.660		1.411	3.293	4.450	
Proline	g	1.342		1.141	2.663	3.598	
Serine	g	1.163		0.989	2.307	3.118	

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: Bone 13%, separable fat 22%
	Mean	Standard error	Number of samples	Approximate measure and weight		
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	72.20		327.48	20.47	214.21
Food energy	{ kcal kJ	139 583		632 2,644	40 165	413 1,730
Protein (N X 6.25)	g	20.96		95.09	5.94	62.20
Total lipid (fat)	g	5.52		25.05	1.57	16.39
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.03		4.68	0.29	3.06
MINERALS:						
Calcium	mg	6		28	2	18
Iron	mg	2.27		10.29	0.64	6.73
Magnesium	mg	23		105	7	69
Phosphorus	mg	201		913	57	597
Potassium	mg	358		1,626	102	1,063
Sodium	mg	63		286	18	187
Zinc	mg	4.34		19.69	1.23	12.88
Copper	mg	0.083		0.376	0.024	0.246
Manganese	mg	0.014		0.064	0.004	0.042
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.111		0.503	0.031	0.329
Riboflavin	mg	0.189		0.857	0.054	0.561
Niacin	mg	3.614		16.393	1.025	10.723
Pantothenic acid.	mg	0.365		1.656	0.103	1.083
Vitamin B ₆	mg	0.44		1.98	0.12	1.29
Folacin	mcg	8		35	2	23
Vitamin B ₁₂	mcg	3.25		14.73	0.92	9.64
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.14		9.68	0.61	6.33
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.00	0.00
12:0	g	0.00		0.01	0.00	0.01
14:0	g	0.14		0.65	0.04	0.43
16:0	g	1.24		5.60	0.35	3.66
18:0	g	0.64		2.90	0.18	1.90
Monounsaturated, total	g	2.41		10.94	0.68	7.15
16:1	g	0.21		0.94	0.06	0.61
18:1	g	2.10		9.51	0.59	6.22
20:1	g	0.01		0.02	0.00	0.01
22:1	g					
Polyunsaturated, total	g	0.23		1.03	0.06	0.67
18:2	g	0.18		0.80	0.05	0.53
18:3	g	0.01		0.05	0.00	0.04
18:4	g					
20:4	g	0.03		0.13	0.01	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	60		270	17	177
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.235		1.066	0.067	0.697
Threonine	g	0.916		4.155	0.260	2.718
Isoleucine	g	0.942		4.273	0.267	2.795
Leucine	g	1.657		7.516	0.470	4.916
Lysine	g	1.744		7.911	0.494	5.174
Methionine	g	0.537		2.436	0.152	1.593
Cystine	g	0.235		1.066	0.067	0.697
Phenylalanine	g	0.818		3.710	0.232	2.427
Tyrosine	g	0.704		3.193	0.200	2.089
Valine	g	1.020		4.627	0.289	3.026
Arginine	g	1.325		6.010	0.376	3.931
Histidine	g	0.718		3.257	0.204	2.130
Alanine	g	1.264		5.734	0.358	3.750
Aspartic acid	g	1.915		8.686	0.543	5.682
Glutamic acid.	g	3.149		14.284	0.893	9.343
Glycine	g	1.144		5.189	0.324	3.394
Proline	g	0.926		4.200	0.263	2.747
Serine	g	0.802		3.638	0.227	2.380

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%, separable fat 21%	
				3 oz = 85 g	1 lb raw AP yields 203 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	58.35		49.59	118.27	159.87	
Food energy	{ <i>kcal</i> . . <i>kJ</i> . . .	213 889		181 756	431 1,802	582 2,436	
Protein (N X 6.25)	g . . .	30.43		25.86	61.67	83.37	
Total lipid (fat)	g . . .	9.16		7.78	18.56	25.09	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	1.21		1.03	2.45	3.31	
MINERALS:							
Calcium	mg . . .	8		7	17	22	
Iron	mg . . .	3.19		2.71	6.47	8.75	
Magnesium	mg . . .	27		23	54	73	
Phosphorus	mg . . .	245		208	496	671	
Potassium	mg . . .	353		300	715	966	
Sodium	mg . . .	65		55	132	178	
Zinc	mg . . .	7.03		5.98	14.25	19.27	
Copper	mg . . .	0.134		0.114	0.272	0.367	
Manganese	mg . . .	0.017		0.014	0.034	0.047	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.096		0.082	0.195	0.263	
Riboflavin	mg . . .	0.257		0.218	0.521	0.704	
Niacin	mg . . .	4.204		3.573	8.522	11.519	
Pantothenic acid	mg . . .	0.407		0.346	0.825	1.115	
Vitamin B ₆	mg . . .	0.38		0.32	0.76	1.03	
Folic acid	mcg . . .	9		8	19	25	
Vitamin B ₁₂	mcg . . .	2.68		2.28	5.43	7.34	
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	3.56		3.02	7.21	9.74	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.00		0.00	0.01	0.01	
12:0	g . . .	0.01		0.00	0.01	0.01	
14:0	g . . .	0.25		0.22	0.51	0.69	
16:0	g . . .	2.03		1.72	4.11	5.55	
18:0	g . . .	1.10		0.94	2.24	3.02	
Monounsaturated, total	g . . .	3.99		3.39	8.08	10.92	
16:1	g . . .	0.33		0.28	0.66	0.90	
18:1	g . . .	3.50		2.98	7.10	9.60	
20:1	g . . .	0.01		0.00	0.01	0.01	
22:1	g . . .						
Polyunsaturated, total	g . . .	0.34		0.29	0.68	0.92	
18:2	g . . .	0.26		0.22	0.52	0.70	
18:3	g . . .	0.02		0.02	0.05	0.07	
18:4	g . . .						
20:4	g . . .	0.04		0.03	0.08	0.11	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	90		76	182	246	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.341		0.290	0.691	0.934	
Threonine	g . . .	1.329		1.130	2.694	3.641	
Isoleucine	g . . .	1.368		1.163	2.773	3.748	
Leucine	g . . .	2.405		2.044	4.875	6.590	
Lysine	g . . .	2.531		2.151	5.130	6.935	
Methionine	g . . .	0.779		0.662	1.579	2.134	
Cystine	g . . .	0.341		0.290	0.691	0.934	
Phenylalanine	g . . .	1.188		1.010	2.408	3.255	
Tyrosine	g . . .	1.022		0.869	2.072	2.800	
Valine	g . . .	1.480		1.258	3.000	4.055	
Arginine	g . . .	1.923		1.635	3.898	5.269	
Histidine	g . . .	1.042		0.886	2.112	2.855	
Alanine	g . . .	1.835		1.560	3.720	5.028	
Aspartic acid	g . . .	2.780		2.363	5.635	7.617	
Glutamic acid	g . . .	4.571		3.885	9.265	12.525	
Glycine	g . . .	1.660		1.411	3.365	4.548	
Proline	g . . .	1.344		1.142	2.724	3.683	
Serine	g . . .	1.163		0.989	2.357	3.187	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%, separable fat 31%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	69.74			316.34	19.77	183.13
Food energy { kcal . .	169			766	48	443
	706			3,203	200	1,855
Protein (N X 6.25) g . . .	20.97			95.10	5.94	55.06
Total lipid (fat) g . . .	8.79			39.86	2.49	23.08
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.04			4.70	0.29	2.72
MINERALS:						
Calcium mg . . .	6			28	2	16
Iron mg . . .	2.28			10.32	0.64	5.97
Magnesium mg . . .	23			105	7	61
Phosphorus mg . . .	201			913	57	528
Potassium mg . . .	359			1,627	102	942
Sodium mg . . .	63			286	18	166
Zinc mg . . .	4.35			19.75	1.23	11.43
Copper mg . . .	0.083			0.376	0.024	0.218
Manganese mg . . .	0.014			0.064	0.004	0.037
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.111			0.503	0.031	0.291
Riboflavin mg . . .	0.190			0.862	0.054	0.499
Niacin mg . . .	3.617			16.407	1.025	9.498
Pantothenic acid mg . . .	0.364			1.651	0.103	0.956
Vitamin B ₆ mg . . .	0.43			1.97	0.12	1.14
Folicin mcg . . .	8			35	2	20
Vitamin B ₁₂ mcg . . .	3.25			14.75	0.92	8.54
Vitamin A { RE . . .	--			--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	3.41			15.46	0.97	8.95
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.00			0.01	0.00	0.01
12:0 g . . .	0.00			0.02	0.00	0.01
14:0 g . . .	0.23			1.04	0.06	0.60
16:0 g . . .	1.96			8.90	0.56	5.15
18:0 g . . .	1.02			4.64	0.29	2.69
Monounsaturated, total g . . .	3.82			17.34	1.08	10.04
16:1 g . . .	0.33			1.47	0.09	0.85
18:1 g . . .	3.33			15.09	0.94	8.73
20:1 g . . .	0.01			0.04	0.00	0.02
22:1 g . . .						
Polyunsaturated, total g . . .	0.37			1.66	0.10	0.96
18:2 g . . .	0.29			1.29	0.08	0.75
18:3 g . . .	0.02			0.09	0.01	0.05
18:4 g . . .						
20:4 g . . .	0.05			0.21	0.01	0.12
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	59			270	17	156
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.235			1.066	0.067	0.617
Threonine g . . .	0.916			4.155	0.260	2.405
Isoleucine g . . .	0.942			4.273	0.267	2.474
Leucine g . . .	1.657			7.516	0.470	4.351
Lysine g . . .	1.744			7.911	0.494	4.580
Methionine g . . .	0.537			2.436	0.152	1.410
Cystine g . . .	0.235			1.066	0.067	0.617
Phenylalanine g . . .	0.818			3.710	0.232	2.148
Tyrosine g . . .	0.704			3.193	0.200	1.849
Valine g . . .	1.020			4.627	0.289	2.679
Arginine g . . .	1.325			6.010	0.376	3.479
Histidine g . . .	0.718			3.257	0.204	1.885
Alanine g . . .	1.264			5.734	0.358	3.319
Aspartic acid g . . .	1.915			8.686	0.543	5.029
Glutamic acid g . . .	3.149			14.284	0.893	8.269
Glycine g . . .	1.144			5.189	0.324	3.004
Proline g . . .	0.926			4.200	0.263	2.432
Serine g . . .	0.802			3.638	0.227	2.106

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%, separable fat 29%	
				3 oz = 85 g	1 lb raw AP yields 179 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	55.98		47.59	100.38	133.80	
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	252 1,055		214 897	452 1,892	603 2,522	
Protein (N X 6.25)	g . . .	30.49		25.91	54.66	72.86	
Total lipid (fat)	g . . .	13.52		11.50	24.25	32.32	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	1.21		1.03	2.17	2.90	
MINERALS:							
Calcium	mg . . .	8		7	15	20	
Iron	mg . . .	3.21		2.73	5.76	7.67	
Magnesium	mg . . .	27		23	48	64	
Phosphorus	mg . . .	246		209	441	587	
Potassium	mg . . .	352		299	631	841	
Sodium	mg . . .	65		55	117	156	
Zinc	mg . . .	7.07		6.01	12.68	16.90	
Copper	mg . . .	0.135		0.115	0.242	0.323	
Manganese	mg . . .	0.017		0.014	0.030	0.041	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.096		0.082	0.172	0.229	
Riboflavin	mg . . .	0.258		0.219	0.463	0.617	
Niacin	mg . . .	4.196		3.567	7.523	10.028	
Pantothenic acid	mg . . .	0.407		0.346	0.730	0.973	
Vitamin B ₆	mg . . .	0.38		0.32	0.67	0.90	
Folic acid	mcg . . .	9		8	16	22	
Vitamin B ₁₂	mcg . . .	2.70		2.30	4.84	6.46	
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	5.26		4.47	9.42	12.56	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.01		0.01	0.01	0.01	
12:0	g . . .	0.01		0.01	0.01	0.02	
14:0	g . . .	0.37		0.32	0.67	0.89	
16:0	g . . .	2.99		2.54	5.36	7.15	
18:0	g . . .	1.63		1.39	2.93	3.90	
Monounsaturated, total	g . . .	5.88		5.00	10.54	14.05	
16:1	g . . .	0.48		0.41	0.86	1.15	
18:1	g . . .	5.17		4.39	9.27	12.36	
20:1	g . . .	0.01		0.01	0.01	0.02	
22:1	g . . .						
Polyunsaturated, total	g . . .	0.50		0.43	0.90	1.20	
18:2	g . . .	0.38		0.32	0.68	0.91	
18:3	g . . .	0.04		0.03	0.06	0.08	
18:4	g . . .						
20:4	g . . .	0.06		0.05	0.11	0.14	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	90		76	161	215	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.341		0.290	0.611	0.815	
Threonine	g . . .	1.331		1.131	2.386	3.181	
Isoleucine	g . . .	1.370		1.165	2.456	3.274	
Leucine	g . . .	2.409		2.048	4.319	5.758	
Lysine	g . . .	2.536		2.156	4.547	6.061	
Methionine	g . . .	0.780		0.663	1.399	1.864	
Cystine	g . . .	0.341		0.290	0.611	0.815	
Phenylalanine	g . . .	1.190		1.012	2.134	2.844	
Tyrosine	g . . .	1.024		0.870	1.836	2.447	
Valine	g . . .	1.483		1.261	2.659	3.544	
Arginine	g . . .	1.926		1.637	3.453	4.603	
Histidine	g . . .	1.044		0.887	1.872	2.495	
Alanine	g . . .	1.839		1.563	3.297	4.395	
Aspartic acid	g . . .	2.785		2.367	4.994	6.656	
Glutamic acid	g . . .	4.580		3.893	8.212	10.946	
Glycine	g . . .	1.663		1.414	2.982	3.975	
Proline	g . . .	1.346		1.144	2.413	3.217	
Serine	g . . .	1.166		0.991	2.091	2.787	

BEEF, RETAIL CUTS, SEPARABLE FAT, raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				4 oz = 113 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 20.21	0.958	12	22.83	5.73	91.66
Food energy	{ kcal 674			762	191	3,059
	{ kJ 2,822			3,189	800	12,801
Protein (N X 6.25)	g 8.21	0.505	6	9.27	2.33	37.22
Total lipid (fat)	g 70.89	1.436	12	80.11	20.10	321.56
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 0.28	0.029	6	0.31	0.08	1.26
MINERALS:						
Calcium	mg 10		1	11	3	45
Iron	mg 0.75	0.038	6	0.84	0.21	3.38
Magnesium	mg 3	0.274	6	3	1	14
Phosphorus	mg 68			77	19	308
Potassium	mg 66	2.617	6	75	19	300
Sodium	mg 29	2.432	6	33	8	132
Zinc	mg 1.00		1	1.13	0.28	4.54
Copper	mg 0.033			0.037	0.009	0.150
Manganese	mg 0.006			0.007	0.002	0.027
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.042			0.047	0.012	0.191
Riboflavin	mg 0.071			0.080	0.020	0.322
Niacin	mg 1.417			1.601	0.402	6.428
Pantothenic acid	mg 0.138			0.156	0.039	0.626
Vitamin B ₆	mg 0.17			0.19	0.05	0.77
Folacin	mcg 3			3	1	13
Vitamin B ₁₂	mcg 1.46	0.060	12	1.65	0.41	6.62
Vitamin A	{ RE --			--	--	--
	{ IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 30.99			35.01	8.78	140.55
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.31	0.035	73	0.35	0.09	1.41
12:0	g 0.21	0.022	86	0.24	0.06	0.96
14:0	g 2.39	0.025	509	2.70	0.68	10.84
16:0	g 17.73	0.110	513	20.03	5.03	80.41
18:0	g 8.81	0.102	517	9.96	2.50	39.98
Monounsaturated, total	g 32.38			36.58	9.18	146.85
16:1	g 3.88	0.060	513	4.38	1.10	17.59
18:1	g 26.95	0.118	517	30.45	7.64	122.24
20:1	g 0.11	0.019	11	0.12	0.03	0.50
22:1	g					
Polyunsaturated, total	g 2.56			2.90	0.73	11.63
18:2	g 1.49	0.036	503	1.68	0.42	6.76
18:3	g 1.07	0.097	169	1.21	0.30	4.87
18:4	g					
20:4	g 0.00	0.000	19	0.00	0.00	0.00
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 99	3.923	13	112	28	449
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g --			--	--	--
Threonine	g 0.222		18	0.251	0.063	1.007
Isoleucine	g 0.156		18	0.176	0.044	0.708
Leucine	g 0.460		18	0.520	0.130	2.087
Lysine	g 0.402		18	0.454	0.114	1.823
Methionine	g 0.106		18	0.120	0.030	0.481
Cystine	g --			--	--	--
Phenylalanine	g 0.280		18	0.316	0.079	1.270
Tyrosine	g 0.164		18	0.185	0.046	0.744
Valine	g 0.295		18	0.333	0.084	1.338
Arginine	g 0.517		18	0.584	0.147	2.345
Histidine	g 0.116		18	0.131	0.033	0.526
Alanine	g 0.747		18	0.844	0.212	3.388
Aspartic acid	g 0.575		18	0.650	0.163	2.608
Glutamic acid	g 1.067		18	1.206	0.302	4.840
Glycine	g 1.379		18	1.558	0.391	6.255
Proline	g --			--	--	--
Serine	g 0.320		18	0.362	0.091	1.452

AH-8-13 (1985)
NDB No. 13020

BEEF, BRISKET, WHOLE, SEPARABLE LEAN AND FAT, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 0.3%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	54.51		247.24	15.45	246.48
Food energy	{ kcal . . . kJ . . .	325 1,359		1,474 6,166	92 385	1,469 6,147
Protein (N X6 . 25)	g . . .	16.63		75.45	4.72	75.21
Total lipid (fat)	g . . .	28.15		127.67	7.98	127.28
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.77		3.50	0.22	3.49
MINERALS:						
Calcium	mg . . .	7		30	2	29
Iron	mg . . .	1.57		7.11	0.44	7.09
Magnesium	mg . . .	17		75	5	75
Phosphorus	mg . . .	156		708	44	706
Potassium	mg . . .	242		1,099	69	1,095
Sodium	mg . . .	62		282	18	282
Zinc	mg . . .	3.22		14.60	0.91	14.56
Copper	mg . . .	0.063		0.286	0.018	0.285
Manganese	mg . . .	0.012		0.054	0.003	0.054
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.078		0.354	0.022	0.353
Riboflavin	mg . . .	0.138		0.626	0.039	0.624
Niacin	mg . . .	3.125		14.175	0.886	14.131
Pantothenic acid	mg . . .	0.279		1.266	0.079	1.262
Vitamin B ₆	mg . . .	0.34		1.56	0.10	1.56
Folacin	mcg . . .	6		27	2	27
Vitamin B ₁₂	mcg . . .	2.08		9.43	0.59	9.41
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	11.88		53.87	3.37	53.70
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.10		0.47	0.03	0.47
12:0	g . . .	0.07		0.32	0.02	0.32
14:0	g . . .	0.91		4.14	0.26	4.12
16:0	g . . .	6.81		30.89	1.93	30.79
18:0	g . . .	3.35		15.18	0.95	15.13
Monounsaturated, total	g . . .	12.84		58.26	3.64	58.08
16:1	g . . .	1.49		6.74	0.42	6.72
18:1	g . . .	10.76		48.79	3.05	48.64
20:1	g . . .	0.04		0.18	0.01	0.18
22:1	g . . .					
Polyunsaturated, total	g . . .	1.00		4.52	0.28	4.50
18:2	g . . .	0.61		2.74	0.17	2.74
18:3	g . . .	0.36		1.63	0.10	1.63
18:4	g . . .					
20:4	g . . .	0.02		0.10	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	74		335	21	334
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.186		0.844	0.053	0.841
Threonine	g . . .	0.726		3.293	0.206	3.283
Isoleucine	g . . .	0.748		3.393	0.212	3.382
Leucine	g . . .	1.315		5.965	0.373	5.946
Lysine	g . . .	1.384		6.278	0.392	6.258
Methionine	g . . .	0.426		1.932	0.121	1.926
Cystine	g . . .	0.186		0.844	0.053	0.841
Phenylalanine	g . . .	0.649		2.944	0.184	2.935
Tyrosine	g . . .	0.559		2.536	0.158	2.528
Valine	g . . .	0.809		3.670	0.229	3.658
Arginine	g . . .	1.051		4.767	0.298	4.753
Histidine	g . . .	0.569		2.581	0.161	2.573
Alanine	g . . .	1.003		4.550	0.284	4.536
Aspartic acid	g . . .	1.519		6.890	0.431	6.869
Glutamic acid	g . . .	2.499		11.335	0.708	11.300
Glycine	g . . .	0.907		4.114	0.257	4.101
Proline	g . . .	0.734		3.329	0.208	3.319
Serine	g . . .	0.636		2.885	0.180	2.876

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue	
				3 oz = 85 g	1 lb raw AP yields 322 g EP	0.1%	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	43.01		36.56	138.49	194.87	
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	391 1,635		332 1,390	1,258 5,265	1,771 7,409	
Protein (N X 6.25)	g . . .	22.99		19.54	74.03	104.18	
Total lipid (fat)	g . . .	32.44		27.58	104.46	146.99	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	0.83		0.70	2.66	3.74	
MINERALS:							
Calcium	mg . . .	9		7	28	40	
Iron	mg . . .	2.19		1.86	7.04	9.91	
Magnesium	mg . . .	18		15	56	79	
Phosphorus	mg . . .	184		156	591	832	
Potassium	mg . . .	229		195	739	1,040	
Sodium	mg . . .	61		52	198	279	
Zinc	mg . . .	5.01		4.26	16.14	22.70	
Copper	mg . . .	0.094		0.080	0.303	0.426	
Manganese	mg . . .	0.014		0.012	0.045	0.063	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.057		0.048	0.184	0.258	
Riboflavin	mg . . .	0.174		0.148	0.560	0.788	
Niacin	mg . . .	3.002		2.552	9.666	13.602	
Pantothenic acid	mg . . .	0.287		0.244	0.924	1.300	
Vitamin B ₆	mg . . .	0.25		0.21	0.79	1.11	
Folic acid	mcg . . .	6		5	21	29	
Vitamin B ₁₂	mcg . . .	2.23		1.90	7.19	10.11	
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	13.17		11.20	42.42	59.69	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.10		0.08	0.31	0.43	
12:0	g . . .	0.09		0.08	0.29	0.41	
14:0	g . . .	1.05		0.89	3.36	4.73	
16:0	g . . .	7.86		6.68	25.30	35.60	
18:0	g . . .	3.52		2.99	11.32	15.93	
Monounsaturated, total	g . . .	14.66		12.46	47.20	66.42	
16:1	g . . .	1.45		1.24	4.68	6.58	
18:1	g . . .	12.49		10.62	40.22	56.60	
20:1	g . . .	0.07		0.06	0.21	0.30	
22:1	g . . .						
Polyunsaturated, total	g . . .	1.17		1.00	3.77	5.31	
18:2	g . . .	0.75		0.64	2.41	3.39	
18:3	g . . .	0.37		0.32	1.19	1.68	
18:4	g . . .						
20:4	g . . .	0.03		0.03	0.11	0.15	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	93		79	301	423	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.258		0.219	0.831	1.169	
Threonine	g . . .	1.004		0.853	3.233	4.549	
Isoleucine	g . . .	1.034		0.879	3.329	4.685	
Leucine	g . . .	1.817		1.544	5.851	8.233	
Lysine	g . . .	1.913		1.626	6.160	8.668	
Methionine	g . . .	0.589		0.501	1.897	2.669	
Cystine	g . . .	0.258		0.219	0.831	1.169	
Phenylalanine	g . . .	0.898		0.763	2.892	4.069	
Tyrosine	g . . .	0.773		0.657	2.489	3.502	
Valine	g . . .	1.118		0.950	3.600	5.066	
Arginine	g . . .	1.453		1.235	4.679	6.584	
Histidine	g . . .	0.787		0.669	2.534	3.566	
Alanine	g . . .	1.387		1.179	4.466	6.284	
Aspartic acid	g . . .	2.101		1.786	6.765	9.520	
Glutamic acid	g . . .	3.455		2.937	11.125	15.655	
Glycine	g . . .	1.255		1.067	4.041	5.686	
Proline	g . . .	1.015		0.863	3.268	4.599	
Serine	g . . .	0.879		0.747	2.830	3.983	

¹Standard error of estimate.

BEEF, BRISKET, WHOLE, SEPARABLE LEAN ONLY, All grades, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Separable	
				3 oz = 85 g	1 lb raw AP yields 213 g EP	fat 34%	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g 55.65	0.573	11 ¹	47.30	118.53	166.34	
Food energy	{ kcal 241 kJ 1,009			205 858	513 2,149	721 3,017	
Protein (N X6.25)	g 29.38	0.501	11	24.97	62.57	87.82	
Total lipid (fat)	g 12.84	0.863	8	10.91	27.34	38.38	
Carbohydrate, total	g 0.00			0.00	0.00	0.00	
Crude fiber	g 0.00			0.00	0.00	0.00	
Ash	g 1.02	0.059	11	0.87	2.17	3.05	
MINERALS:							
Calcium	mg 6	0.366	11	5	12	18	
Iron	mg 2.77	0.119	11	2.36	5.90	8.29	
Magnesium	mg 23	0.543	11	20	49	70	
Phosphorus	mg 239			203	509	716	
Potassium	mg 287	5.789	11	244	610	857	
Sodium	mg 72	6.108	11	61	153	215	
Zinc	mg 6.88	0.337	8	5.85	14.65	20.57	
Copper	mg 0.120	0.004	8	0.102	0.255	0.359	
Manganese	mg 0.017			0.014	0.036	0.051	
VITAMINS:							
Ascorbic acid	mg 0.0			0.0	0.0	0.0	
Thiamin	mg 0.070	0.007	11	0.060	0.149	0.209	
Riboflavin	mg 0.218	0.011	11	0.185	0.464	0.652	
Niacin	mg 3.752	0.259	11	3.189	7.991	11.215	
Pantothenic acid	mg 0.357			0.303	0.760	1.067	
Vitamin B ₆	mg 0.30			0.26	0.63	0.90	
Folacin	mcg 8	1.211	11	7	17	24	
Vitamin B ₁₂	mcg 2.55	0.414	11	2.17	5.43	7.62	
Vitamin A	{ RE -- IU --			--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g 4.60			3.91	9.79	13.75	
4:0	g						
6:0	g						
8:0	g						
10:0	g 0.01	0.000	15	0.01	0.01	0.02	
12:0	g 0.01	0.000	15	0.01	0.01	0.03	
14:0	g 0.37	0.022	15	0.32	0.79	1.11	
16:0	g 2.73	0.057	15	2.32	5.81	8.16	
18:0	g 1.27	0.059	15	1.08	2.70	3.79	
Monounsaturated, total	g 5.78			4.91	12.30	17.26	
16:1	g 0.58	0.030	15	0.50	1.24	1.74	
18:1	g 4.91	0.104	15	4.18	10.46	14.68	
20:1	g 0.01	0.003	15	0.01	0.02	0.04	
22:1	g						
Polyunsaturated, total	g 0.39			0.33	0.83	1.17	
18:2	g 0.30	0.023	15	0.25	0.63	0.89	
18:3	g 0.03	0.004	15	0.02	0.05	0.07	
18:4	g						
20:4	g 0.05	0.006	15	0.04	0.10	0.15	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg 93	1.762	8	79	197	277	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g 0.329			0.280	0.700	0.983	
Threonine	g 1.283			1.091	2.732	3.835	
Isoleucine	g 1.321			1.123	2.813	3.948	
Leucine	g 2.322			1.974	4.945	6.940	
Lysine	g 2.445			2.078	5.207	7.308	
Methionine	g 0.752			0.639	1.601	2.248	
Cystine	g 0.329			0.280	0.700	0.983	
Phenylalanine	g 1.147			0.975	2.443	3.428	
Tyrosine	g 0.987			0.839	2.102	2.950	
Valine	g 1.429			1.215	3.043	4.271	
Arginine	g 1.857			1.578	3.955	5.551	
Histidine	g 1.006			0.855	2.142	3.007	
Alanine	g 1.772			1.506	3.774	5.297	
Aspartic acid	g 2.684			2.281	5.716	8.022	
Glutamic acid	g 4.414			3.752	9.401	13.193	
Glycine	g 1.603			1.363	3.414	4.791	
Proline	g 1.297			1.102	2.762	3.877	
Serine	g 1.124			0.955	2.394	3.360	

¹Standard error of estimate.

BEEF, BRISKET, FLAT HALF, SEPARABLE LEAN AND FAT, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 0.1%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	51.99		235.81	14.74	235.76
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	353 1,476		1,600 6,695	100 418	1,600 6,694
Protein (N X 6, 25)	g . . .	15.77		71.55	4.47	71.53
Total lipid (fat)	g . . .	31.64		143.53	8.97	143.50
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.72		3.25	0.20	3.25
MINERALS:						
Calcium	mg . . .	7		31	2	31
Iron	mg . . .	1.51		6.84	0.43	6.83
Magnesium	mg . . .	15		70	4	70
Phosphorus	mg . . .	147		665	42	665
Potassium	mg . . .	224		1,017	64	1,017
Sodium	mg . . .	64		290	18	290
Zinc	mg . . .	3.60		16.32	1.02	16.31
Copper	mg . . .	0.064		0.290	0.018	0.290
Manganese	mg . . .	0.011		0.050	0.003	0.050
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.071		0.322	0.020	0.322
Riboflavin	mg . . .	0.131		0.594	0.037	0.594
Niacin	mg . . .	2.781		12.615	0.788	12.612
Pantothenic acid	mg . . .	0.264		1.198	0.075	1.197
Vitamin B ₆	mg . . .	0.32		1.47	0.09	1.46
Folacin	mcg . . .	6		26	2	26
Vitamin B ₁₂	mcg . . .	2.08		9.43	0.59	9.43
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	13.52		61.34	3.83	61.33
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.11		0.52	0.03	0.52
12:0	g . . .	0.08		0.36	0.02	0.36
14:0	g . . .	1.05		4.78	0.30	4.78
16:0	g . . .	7.79		35.33	2.21	35.32
18:0	g . . .	3.77		17.10	1.07	17.10
Monounsaturated, total	g . . .	14.72		66.78	4.17	66.76
16:1	g . . .	1.70		7.71	0.48	7.70
18:1	g . . .	12.32		55.90	3.49	55.89
20:1	g . . .	0.05		0.20	0.01	0.20
22:1	g . . .					
Polyunsaturated, total	g . . .	1.08		4.90	0.31	4.90
18:2	g . . .	0.66		3.00	0.19	3.00
18:3	g . . .	0.39		1.79	0.11	1.79
18:4	g . . .					
20:4	g . . .	0.02		0.07	0.00	0.07
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	76		347	22	347
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.177		0.803	0.050	0.803
Threonine	g . . .	0.689		3.125	0.195	3.125
Isoleucine	g . . .	0.709		3.216	0.201	3.215
Leucine	g . . .	1.246		5.652	0.353	5.651
Lysine	g . . .	1.312		5.951	0.372	5.950
Methionine	g . . .	0.404		1.833	0.115	1.832
Cystine	g . . .	0.177		0.803	0.050	0.803
Phenylalanine	g . . .	0.616		2.794	0.175	2.794
Tyrosine	g . . .	0.530		2.404	0.150	2.404
Valine	g . . .	0.767		3.479	0.217	3.478
Arginine	g . . .	0.997		4.522	0.283	4.521
Histidine	g . . .	0.540		2.449	0.153	2.449
Alanine	g . . .	0.951		4.314	0.270	4.313
Aspartic acid	g . . .	1.441		6.536	0.409	6.535
Glutamic acid	g . . .	2.369		10.746	0.672	10.743
Glycine	g . . .	0.860		3.901	0.244	3.900
Proline	g . . .	0.696		3.157	0.197	3.156
Serine	g . . .	0.603		2.735	0.171	2.735

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 0.4%	
				3 oz	1 lb raw AP		
				= 85 g	yields 321 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	41.48		35.26	133.16	187.42	
Food energy	{ kcal	408		347	1,311	1,845	
	{ kJ	1,708		1,452	5,484	7,719	
Protein (N X 6.25)	g	21.97		18.68	70.53	99.27	
Total lipid (fat)	g	34.87		29.64	111.92	157.52	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	0.79		0.67	2.55	3.58	
MINERALS:							
Calcium	mg	9		8	29	41	
Iron	mg	2.18		1.85	7.00	9.85	
Magnesium	mg	16		14	53	74	
Phosphorus	mg	173		147	557	784	
Potassium	mg	219		187	704	991	
Sodium	mg	65		55	207	291	
Zinc	mg	5.30		4.51	17.02	23.95	
Copper	mg	0.090		0.077	0.289	0.407	
Manganese	mg	0.013		0.011	0.042	0.059	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.059		0.050	0.189	0.267	
Riboflavin	mg	0.178		0.151	0.571	0.804	
Niacin	mg	2.863		2.434	9.190	12.935	
Pantothenic acid	mg	0.273		0.232	0.876	1.233	
Vitamin B ₆	mg	0.23		0.20	0.74	1.04	
Folic acid	mcg	6		5	20	28	
Vitamin B ₁₂	mcg	2.24		1.91	7.20	10.13	
Vitamin A	{ RE	--		--	--	--	
	{ IU	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.45		12.28	46.37	65.27	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10		0.09	0.32	0.45	
12:0	g	0.10		0.08	0.30	0.43	
14:0	g	1.16		0.98	3.71	5.22	
16:0	g	8.59		7.30	27.57	38.80	
18:0	g	3.87		3.29	12.44	17.50	
Monounsaturated, total	g	16.17		13.75	51.91	73.07	
16:1	g	1.58		1.34	5.06	7.12	
18:1	g	13.81		11.74	44.34	62.41	
20:1	g	0.07		0.06	0.22	0.32	
22:1	g						
Polyunsaturated, total	g	1.22		1.04	3.92	5.52	
18:2	g	0.79		0.67	2.53	3.56	
18:3	g	0.38		0.33	1.23	1.73	
18:4	g						
20:4	g	0.03		0.02	0.09	0.13	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92		78	296	417	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.246		0.209	0.790	1.111	
Threonine	g	0.960		0.816	3.082	4.337	
Isoleucine	g	0.988		0.840	3.171	4.464	
Leucine	g	1.736		1.476	5.573	7.843	
Lysine	g	1.828		1.554	5.868	8.259	
Methionine	g	0.562		0.478	1.804	2.539	
Cystine	g	0.246		0.209	0.790	1.111	
Phenylalanine	g	0.858		0.729	2.754	3.876	
Tyrosine	g	0.738		0.627	2.369	3.334	
Valine	g	1.069		0.909	3.431	4.830	
Arginine	g	1.388		1.180	4.455	6.271	
Histidine	g	0.752		0.639	2.414	3.398	
Alanine	g	1.325		1.126	4.253	5.986	
Aspartic acid	g	2.007		1.706	6.442	9.068	
Glutamic acid	g	3.301		2.806	10.596	14.914	
Glycine	g	1.199		1.019	3.849	5.417	
Proline	g	0.970		0.825	3.114	4.382	
Serine	g	0.840		0.714	2.696	3.795	

¹Standard error of estimate.

BEEF, BRISKET, FLAT HALF, SEPARABLE LEAN ONLY, All grades, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Separable	
				3 oz = 85 g	1 lb raw AP yields 209 g EP	fat 35%	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g 53.76	0.780	11 ¹	45.70	112.36	158.01	
Food energy	{ kcal 263 kJ 1,100			223 935	549 2,298	772 3,231	
Protein (N X6.25)	g 28.05	0.483	11	23.84	58.61	82.42	
Total lipid (fat)	g 15.86	1.347	8 ¹	13.48	33.14	46.61	
Carbohydrate, total	g 0.00			0.00	0.00	0.00	
Crude fiber	g 0.00			0.00	0.00	0.00	
Ash	g 0.98	0.069	10	0.83	2.04	2.87	
MINERALS:							
Calcium	mg 6	0.377	10	5	13	19	
Iron	mg 2.79	0.134	9	2.37	5.82	8.19	
Magnesium	mg 22	0.813	10	19	46	64	
Phosphorus	mg 226			192	472	663	
Potassium	mg 273	8.141	10	232	571	803	
Sodium	mg 77	5.705	10	66	161	227	
Zinc	mg 7.39	0.326	8	6.28	15.45	21.73	
Copper	mg 0.115	0.006	8	0.098	0.240	0.338	
Manganese	mg 0.017			0.014	0.036	0.050	
VITAMINS:							
Ascorbic acid	mg 0.0			0.0	0.0	0.0	
Thiamin	mg 0.073	0.007	10	0.062	0.153	0.215	
Riboflavin	mg 0.226	0.014	9	0.192	0.472	0.664	
Niacin	mg 3.566	0.239	11	3.031	7.453	10.480	
Pantothenic acid	mg 0.339			0.288	0.709	0.996	
Vitamin B ₆	mg 0.28			0.24	0.59	0.82	
Folic acid	mcg 8	1.193	11	7	17	24	
Vitamin B ₁₂	mcg 2.58	0.424	11	2.19	5.38	7.57	
Vitamin A	{ RE -- IU --			--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g 6.25			5.31	13.06	18.37	
4:0	g						
6:0	g						
8:0	g						
10:0	g 0.01	0.000	8	0.01	0.02	0.03	
12:0	g 0.01	0.001	8	0.01	0.03	0.04	
14:0	g 0.52	0.039	8	0.44	1.08	1.52	
16:0	g 3.67	0.076	8	3.12	7.67	10.78	
18:0	g 1.74	0.138	8	1.48	3.63	5.10	
Monounsaturated, total	g 7.78			6.61	16.26	22.86	
16:1	g 0.74	0.044	8	0.63	1.55	2.18	
18:1	g 6.67	0.101	8	5.67	13.93	19.59	
20:1	g 0.02	0.006	8	0.01	0.04	0.05	
22:1	g						
Polyunsaturated, total	g 0.44			0.37	0.92	1.29	
18:2	g 0.34	0.030	8	0.29	0.72	1.01	
18:3	g 0.03	0.006	8	0.03	0.07	0.10	
18:4	g						
20:4	g 0.04	0.005	8	0.04	0.09	0.13	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg 91	1.930	8	77	190	267	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g 0.314			0.267	0.656	0.923	
Threonine	g 1.225			1.041	2.560	3.600	
Isoleucine	g 1.261			1.072	2.635	3.706	
Leucine	g 2.217			1.884	4.634	6.516	
Lysine	g 2.333			1.983	4.876	6.857	
Methionine	g 0.718			0.610	1.501	2.110	
Cystine	g 0.314			0.267	0.656	0.923	
Phenylalanine	g 1.095			0.931	2.289	3.218	
Tyrosine	g 0.942			0.801	1.969	2.769	
Valine	g 1.364			1.159	2.851	4.009	
Arginine	g 1.772			1.506	3.703	5.208	
Histidine	g 0.960			0.816	2.006	2.821	
Alanine	g 1.692			1.438	3.536	4.973	
Aspartic acid	g 2.562			2.178	5.355	7.530	
Glutamic acid	g 4.213			3.581	8.805	12.382	
Glycine	g 1.530			1.301	3.198	4.497	
Proline	g 1.238			1.052	2.587	3.638	
Serine	g 1.072			0.911	2.240	3.151	

¹Standard error of estimate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.21		259.48	16.22	257.54
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	295 1,234		1,338 5,599	84 350	1,328 5,557
Protein (N X 6.25)	g . . .	17.53		79.51	4.97	78.91
Total lipid (fat)	g . . .	24.41		110.71	6.92	109.88
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.84		3.81	0.24	3.79
MINERALS:						
Calcium	mg . . .	6		28	2	28
Iron	mg . . .	1.56		7.09	0.44	7.03
Magnesium	mg . . .	18		81	5	81
Phosphorus	mg . . .	169		768	48	763
Potassium	mg . . .	265		1,200	75	1,191
Sodium	mg . . .	61		276	17	274
Zinc	mg . . .	2.80		12.69	0.79	12.60
Copper	mg . . .	0.064		0.290	0.018	0.288
Manganese	mg . . .	0.012		0.054	0.003	0.054
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.084		0.381	0.024	0.378
Riboflavin	mg . . .	0.148		0.671	0.042	0.666
Niacin	mg . . .	3.482		15.794	0.987	15.676
Pantothenic acid	mg . . .	0.294		1.334	0.083	1.324
Vitamin B ₆	mg . . .	0.36		1.63	0.10	1.62
Folacin	mcg . . .	6		28	2	28
Vitamin B ₁₂	mcg . . .	2.14		9.69	0.61	9.62
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.37		47.05	2.94	46.70
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.09		0.42	0.03	0.41
12:0	g . . .	0.06		0.29	0.02	0.28
14:0	g . . .	0.79		3.58	0.22	3.56
16:0	g . . .	5.93		26.88	1.68	26.68
18:0	g . . .	2.94		13.34	0.83	13.24
Monounsaturated, total	g . . .	11.14		50.54	3.16	50.16
16:1	g . . .	1.29		5.87	0.37	5.82
18:1	g . . .	9.33		42.31	2.64	41.99
20:1	g . . .	0.03		0.15	0.01	0.15
22:1	g . . .					
Polyunsaturated, total	g . . .	0.89		4.05	0.25	4.02
18:2	g . . .	0.54		2.44	0.15	2.43
18:3	g . . .	0.32		1.47	0.09	1.46
18:4	g . . .					
20:4	g . . .	0.02		0.10	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	71		321	20	318
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.196		0.889	0.056	0.882
Threonine	g . . .	0.765		3.470	0.217	3.444
Isoleucine	g . . .	0.788		3.574	0.223	3.548
Leucine	g . . .	1.385		6.282	0.393	6.235
Lysine	g . . .	1.458		6.613	0.413	6.564
Methionine	g . . .	0.449		2.037	0.127	2.021
Cystine	g . . .	0.196		0.889	0.056	0.882
Phenylalanine	g . . .	0.684		3.103	0.194	3.079
Tyrosine	g . . .	0.589		2.672	0.167	2.652
Valine	g . . .	0.852		3.865	0.242	3.836
Arginine	g . . .	1.108		5.026	0.314	4.988
Histidine	g . . .	0.600		2.722	0.170	2.701
Alanine	g . . .	1.057		4.795	0.300	4.759
Aspartic acid	g . . .	1.601		7.262	0.454	7.208
Glutamic acid	g . . .	2.633		11.943	0.746	11.854
Glycine	g . . .	0.956		4.336	0.271	4.304
Proline	g . . .	0.774		3.511	0.219	3.485
Serine	g . . .	0.670		3.039	0.190	3.016

BEEF, BRISKET, POINT HALF, SEPARABLE LEAN AND FAT, All grades, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 0.3%
				3 oz = 85 g	1 lb raw AP yields 320 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	44.92		38.18	143.74	203.13
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	366 1,532		311 1,302	1,172 4,903	1,656 6,929
Protein (N X 6.25)	g . . .	24.66		20.96	78.90	111.49
Total lipid (fat)	g . . .	28.93		24.59	92.58	130.82
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.89		0.75	2.84	4.01
MINERALS:						
Calcium	mg . . .	8		7	26	36
Iron	mg . . .	2.25		1.92	7.21	10.19
Magnesium	mg . . .	19		16	60	85
Phosphorus	mg . . .	197		168	632	893
Potassium	mg . . .	239		203	764	1,080
Sodium	mg . . .	56		47	179	253
Zinc	mg . . .	4.72		4.02	15.12	21.36
Copper	mg . . .	0.098		0.083	0.314	0.443
Manganese	mg . . .	0.014		0.012	0.045	0.063
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.059		0.050	0.189	0.267
Riboflavin	mg . . .	0.175		0.149	0.560	0.791
Niacin	mg . . .	3.098		2.633	9.914	14.009
Pantothenic acid	mg . . .	0.299		0.254	0.957	1.352
Vitamin B ₆	mg . . .	0.25		0.22	0.81	1.15
Folic acid	mcg . . .	6		5	20	28
Vitamin B ₁₂	mcg . . .	2.29		1.95	7.34	10.37
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	11.83		10.06	37.86	53.50
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.09		0.08	0.29	0.42
12:0	g . . .	0.09		0.07	0.27	0.38
14:0	g . . .	0.93		0.79	2.98	4.21
16:0	g . . .	7.08		6.01	22.64	31.99
18:0	g . . .	3.15		2.67	10.07	14.23
Monounsaturated, total	g . . .	13.07		11.11	41.81	59.08
16:1	g . . .	1.31		1.11	4.19	5.92
18:1	g . . .	11.12		9.45	35.58	50.28
20:1	g . . .	0.06		0.05	0.19	0.27
22:1	g . . .					
Polyunsaturated, total	g . . .	1.09		0.92	3.48	4.92
18:2	g . . .	0.69		0.59	2.20	3.12
18:3	g . . .	0.35		0.30	1.13	1.59
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.10	0.14
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	95		81	304	430
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.276		0.235	0.883	1.248
Threonine	g . . .	1.077		0.915	3.446	4.870
Isoleucine	g . . .	1.109		0.943	3.549	5.015
Leucine	g . . .	1.949		1.657	6.237	8.813
Lysine	g . . .	2.051		1.743	6.563	9.275
Methionine	g . . .	0.631		0.536	2.019	2.853
Cystine	g . . .	0.276		0.235	0.883	1.248
Phenylalanine	g . . .	0.963		0.819	3.082	4.355
Tyrosine	g . . .	0.828		0.704	2.650	3.744
Valine	g . . .	1.199		1.019	3.837	5.422
Arginine	g . . .	1.558		1.324	4.986	7.045
Histidine	g . . .	0.844		0.717	2.701	3.817
Alanine	g . . .	1.487		1.264	4.758	6.724
Aspartic acid	g . . .	2.253		1.915	7.210	10.188
Glutamic acid	g . . .	3.704		3.148	11.853	16.749
Glycine	g . . .	1.345		1.143	4.304	6.082
Proline	g . . .	1.089		0.926	3.485	4.924
Serine	g . . .	0.943		0.802	3.018	4.264

BEEF, BRISKET, POINT HALF, SEPARABLE LEAN ONLY, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%, separable fat 29%	
				1 lb	1 oz		
				= 453.6 g	= 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	72.76	0.362	11 ¹	330.05	20.63	230.73
Food energy	{ kcal	135			614	38	430
	{ kJ	567			2,571	161	1,797
Protein (N X6.25)	g	21.45	0.244	11	97.29	6.08	68.01
Total lipid (fat)	g	4.87	0.547	8	22.07	1.38	15.43
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08	0.023	9	4.89	0.31	3.42
MINERALS:							
Calcium	mg	5	0.229	9	21	1	14
Iron	mg	1.91	0.108	9	8.65	0.54	6.04
Magnesium	mg	24	0.661	9	110	7	77
Phosphorus	mg	212			962	60	672
Potassium	mg	348	11.065	9	1,578	99	1,103
Sodium	mg	74	7.922	9	336	21	235
Zinc	mg	3.55	0.253	8	16.12	1.01	11.27
Copper	mg	0.078	0.005	8	0.354	0.022	0.247
Manganese	mg	0.014			0.064	0.004	0.044
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.103	0.006	11	0.467	0.029	0.327
Riboflavin	mg	0.181	0.012	7	0.821	0.051	0.574
Niacin	mg	4.351	0.285	11	19.736	1.234	13.797
Pantothenic acid	mg	0.360			1.633	0.102	1.142
Vitamin B ₆	mg	0.44			2.00	0.12	1.40
Folacin	mcg	7	0.756	11	34	2	24
Vitamin B ₁₂	mcg	2.42	0.410	11	10.99	0.69	7.68
Vitamin A	{ RE	--			--	--	--
	{ IU	--			--	--	--
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.62			7.33	0.46	5.12
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00	0.000	8	0.00	0.00	0.00
12:0	g	0.00	0.000	8	0.01	0.00	0.01
14:0	g	0.12	0.007	8	0.54	0.03	0.37
16:0	g	0.97	0.028	8	4.38	0.27	3.06
18:0	g	0.47	0.036	8	2.14	0.13	1.49
Monounsaturated, total	g	2.22			10.05	0.63	7.03
16:1	g	0.21	0.014	8	0.94	0.06	0.66
18:1	g	1.92	0.046	8	8.71	0.54	6.09
20:1	g	0.00	0.001	8	0.01	0.00	0.01
22:1	g						
Polyunsaturated, total	g	0.19			0.86	0.05	0.60
18:2	g	0.14	0.017	8	0.63	0.04	0.44
18:3	g	0.01	0.003	8	0.05	0.00	0.03
18:4	g						
20:4	g	0.03	0.006	8	0.15	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59	1.093	8	267	17	187
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.240			1.089	0.068	0.761
Threonine	g	0.937			4.250	0.266	2.971
Isoleucine	g	0.964			4.373	0.273	3.057
Leucine	g	1.695			7.689	0.481	5.375
Lysine	g	1.785			8.097	0.506	5.660
Methionine	g	0.549			2.490	0.156	1.741
Cystine	g	0.240			1.089	0.068	0.761
Phenylalanine	g	0.837			3.797	0.237	2.654
Tyrosine	g	0.721			3.270	0.204	2.286
Valine	g	1.043			4.731	0.296	3.307
Arginine	g	1.356			6.151	0.384	4.300
Histidine	g	0.734			3.329	0.208	2.328
Alanine	g	1.294			5.870	0.367	4.103
Aspartic acid	g	1.960			8.891	0.556	6.215
Glutamic acid	g	3.223			14.620	0.914	10.220
Glycine	g	1.170			5.307	0.332	3.710
Proline	g	0.947			4.296	0.268	3.003
Serine	g	0.820			3.720	0.232	2.600

¹ Standard error of estimate.

¹Standard error of estimate.

AH-8-13 (1985)
NDB No. 13033

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, All grades, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%
				3 oz = 85 g	1 lb raw AP yields 275 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	45.49		38.67	125.10	180.97
Food energy	{ kcal . . .	350		297	962	1,392
	{ kJ	1,464		1,245	4,026	5,824
Protein (N X 6.25)	g	27.09		23.03	74.50	107.77
Total lipid (fat)	g	25.97		22.08	71.42	103.32
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.94		0.80	2.58	3.73
MINERALS:						
Calcium	mg	10		9	28	40
Iron	mg	3.07		2.61	8.43	12.19
Magnesium	mg	19		17	54	77
Phosphorus	mg	217		184	596	863
Potassium	mg	244		207	671	971
Sodium	mg	60		51	164	237
Zinc	mg	6.74		5.73	18.53	26.80
Copper	mg	0.132		0.112	0.363	0.525
Manganese	mg	0.016		0.014	0.044	0.064
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.068		0.058	0.187	0.271
Riboflavin	mg	0.236		0.201	0.649	0.939
Niacin	mg	3.143		2.672	8.643	12.503
Pantothenic acid	mg	0.321		0.273	0.883	1.277
Vitamin B ₆	mg	0.28		0.24	0.77	1.12
Folacin	mcg	9		8	24	35
Vitamin B ₁₂	mcg	2.93		2.49	8.06	11.66
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.66		9.06	29.32	42.41
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.07		0.06	0.20	0.29
12:0	g	0.07		0.06	0.19	0.27
14:0	g	0.82		0.69	2.24	3.24
16:0	g	6.30		5.35	17.32	25.06
18:0	g	2.95		2.51	8.11	11.73
Monounsaturated, total	g	11.63		9.89	31.99	46.27
16:1	g	1.10		0.94	3.03	4.38
18:1	g	9.99		8.49	27.47	39.73
20:1	g	0.05		0.04	0.13	0.19
22:1	g					
Polyunsaturated, total	g	1.01		0.85	2.76	4.00
18:2	g	0.66		0.56	1.80	2.61
18:3	g	0.30		0.25	0.82	1.19
18:4	g					
20:4	g	0.03		0.03	0.09	0.14
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	99		84	273	394
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.303		0.258	0.833	1.205
Threonine	g	1.183		1.006	3.253	4.706
Isoleucine	g	1.218		1.035	3.350	4.845
Leucine	g	2.141		1.820	5.888	8.517
Lysine	g	2.254		1.916	6.199	8.966
Methionine	g	0.693		0.589	1.906	2.757
Cystine	g	0.303		0.258	0.833	1.205
Phenylalanine	g	1.057		0.898	2.907	4.205
Tyrosine	g	0.910		0.774	2.503	3.620
Valine	g	1.318		1.120	3.625	5.243
Arginine	g	1.712		1.455	4.708	6.810
Histidine	g	0.927		0.788	2.549	3.688
Alanine	g	1.634		1.389	4.494	6.500
Aspartic acid	g	2.475		2.104	6.806	9.846
Glutamic acid	g	4.070		3.460	11.193	16.190
Glycine	g	1.478		1.256	4.065	5.879
Proline	g	1.196		1.017	3.289	4.758
Serine	g	1.036		0.881	2.849	4.121

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	60.83		275.93	17.25	245.03
Food energy	{ kcal . . . kJ . . .	262 1,098		1,190 4,980	74 311	1,057 4,422
Protein (N X 6.25)	g . . .	18.22		82.63	5.16	73.38
Total lipid (fat)	g . . .	20.47		92.84	5.80	82.45
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.87		3.93	0.25	3.49
MINERALS:						
Calcium	mg . . .	7		33	2	29
Iron	mg . . .	2.07		9.38	0.59	8.33
Magnesium	mg . . .	19		86	5	76
Phosphorus	mg . . .	171		774	48	688
Potassium	mg . . .	300		1,363	85	1,210
Sodium	mg . . .	58		264	17	235
Zinc	mg . . .	3.95		17.92	1.12	15.91
Copper	mg . . .	0.079		0.358	0.022	0.318
Manganese	mg . . .	0.012		0.054	0.003	0.048
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.107		0.485	0.030	0.431
Riboflavin	mg . . .	0.174		0.789	0.049	0.701
Niacin	mg . . .	3.189		14.465	0.904	12.845
Pantothenic acid	mg . . .	0.298		1.352	0.084	1.200
Vitamin B ₆	mg . . .	0.37		1.69	0.11	1.50
Folacin	mcg . . .	7		32	2	29
Vitamin B ₁₂	mcg . . .	3.01		13.66	0.85	12.13
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	8.75		39.69	2.48	35.24
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.33	0.02	0.29
12:0	g . . .	0.05		0.23	0.01	0.20
14:0	g . . .	0.66		2.97	0.19	2.64
16:0	g . . .	5.00		22.67	1.42	20.13
18:0	g . . .	2.52		11.42	0.71	10.14
Monounsaturated, total	g . . .	9.11		41.30	2.58	36.68
16:1	g . . .	1.05		4.76	0.30	4.23
18:1	g . . .	7.62		34.57	2.16	30.70
20:1	g . . .	0.03		0.12	0.01	0.11
22:1	g . . .					
Polyunsaturated, total	g . . .	0.81		3.67	0.23	3.25
18:2	g . . .	0.51		2.30	0.14	2.04
18:3	g . . .	0.26		1.19	0.07	1.06
18:4	g . . .					
20:4	g . . .	0.03		0.12	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	69		313	20	278
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.204		0.925	0.058	0.822
Threonine	g . . .	0.796		3.611	0.226	3.206
Isoleucine	g . . .	0.819		3.715	0.232	3.299
Leucine	g . . .	1.440		6.532	0.408	5.800
Lysine	g . . .	1.515		6.872	0.430	6.102
Methionine	g . . .	0.466		2.114	0.132	1.877
Cystine	g . . .	0.204		0.925	0.058	0.822
Phenylalanine	g . . .	0.711		3.225	0.202	2.864
Tyrosine	g . . .	0.612		2.776	0.174	2.465
Valine	g . . .	0.886		4.019	0.251	3.569
Arginine	g . . .	1.151		5.221	0.326	4.636
Histidine	g . . .	0.624		2.830	0.177	2.513
Alanine	g . . .	1.099		4.985	0.312	4.427
Aspartic acid	g . . .	1.664		7.548	0.472	6.703
Glutamic acid	g . . .	2.736		12.410	0.776	11.021
Glycine	g . . .	0.994		4.509	0.282	4.004
Proline	g . . .	0.804		3.647	0.228	3.239
Serine	g . . .	0.696		3.157	0.197	2.803

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%
				3 oz	1 lb raw AP	
				= 85 g	yields 277 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	45.22		38.44	125.26	181.33
Food energy	{ kcal	354		301	982	1,421
	{ kJ	1,483		1,260	4,108	5,946
Protein (N X6 .25)	g	26.98		22.93	74.73	108.19
Total lipid (fat)	g	26.52		22.54	73.46	106.35
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.93		0.79	2.59	3.75
MINERALS:						
Calcium	mg	10		9	28	41
Iron	mg	3.05		2.59	8.45	12.23
Magnesium	mg	19		16	54	78
Phosphorus	mg	216		184	598	866
Potassium	mg	243		207	674	975
Sodium	mg	59		50	165	238
Zinc	mg	6.70		5.70	18.56	26.87
Copper	mg	0.132		0.112	0.366	0.529
Manganese	mg	0.016		0.014	0.044	0.064
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.068		0.058	0.188	0.273
Riboflavin	mg	0.235		0.200	0.651	0.942
Niacin	mg	3.132		2.662	8.676	12.559
Pantothenic acid	mg	0.320		0.272	0.886	1.283
Vitamin B ₆	mg	0.28		0.24	0.78	1.12
Folicin	mcg	9		7	24	35
Vitamin B ₁₂	mcg	2.92		2.48	8.09	11.72
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.89		9.25	30.16	43.66
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.08		0.06	0.21	0.30
12:0	g	0.07		0.06	0.20	0.28
14:0	g	0.83		0.71	2.30	3.34
16:0	g	6.43		5.47	17.81	25.79
18:0	g	3.01		2.56	8.34	12.07
Monounsaturated, total	g	11.88		10.10	32.90	47.63
16:1	g	1.13		0.96	3.12	4.51
18:1	g	10.20		8.67	28.25	40.89
20:1	g	0.05		0.04	0.14	0.20
22:1	g					
Polyunsaturated, total	g	1.03		0.87	2.85	4.12
18:2	g	0.67		0.57	1.86	2.69
18:3	g	0.30		0.26	0.84	1.22
18:4	g					
20:4	g	0.04		0.03	0.10	0.14
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	99		84	274	397
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.302		0.257	0.837	1.211
Threonine	g	1.178		1.001	3.263	4.724
Isoleucine	g	1.213		1.031	3.360	4.864
Leucine	g	2.132		1.812	5.906	8.549
Lysine	g	2.244		1.907	6.216	8.998
Methionine	g	0.691		0.587	1.914	2.771
Cystine	g	0.302		0.257	0.837	1.211
Phenylalanine	g	1.053		0.895	2.917	4.223
Tyrosine	g	0.906		0.770	2.510	3.633
Valine	g	1.312		1.115	3.634	5.261
Arginine	g	1.705		1.449	4.723	6.837
Histidine	g	0.924		0.785	2.559	3.705
Alanine	g	1.627		1.383	4.507	6.524
Aspartic acid	g	2.464		2.094	6.825	9.881
Glutamic acid	g	4.053		3.445	11.227	16.253
Glycine	g	1.472		1.251	4.077	5.903
Proline	g	1.191		1.012	3.299	4.776
Serine	g	1.032		0.877	2.859	4.138

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	63.23		286.81	17.93	253.24
Food energy	{ kcal . .	237		1,076	67	950
	{ kJ . . .	993		4,503	281	3,976
Protein (N X 6.25)	g	18.69		84.76	5.30	74.84
Total lipid (fat)	g	17.46		79.18	4.95	69.91
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.89		4.06	0.25	3.58
MINERALS:						
Calcium	mg	7		32	2	28
Iron	mg	2.13		9.66	0.60	8.53
Magnesium	mg	20		89	6	79
Phosphorus	mg	176		796	50	703
Potassium	mg	311		1,412	88	1,247
Sodium	mg	60		271	17	239
Zinc	mg	4.09		18.55	1.16	16.38
Copper	mg	0.082		0.372	0.023	0.328
Manganese	mg	0.013		0.059	0.004	0.052
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.110		0.499	0.031	0.441
Riboflavin	mg	0.179		0.812	0.051	0.717
Niacin	mg	3.272		14.842	0.928	13.104
Pantothenic acid	mg	0.305		1.383	0.086	1.222
Vitamin B ₆	mg	0.38		1.73	0.11	1.53
Folacin	mcg	7		33	2	29
Vitamin B ₁₂	mcg	3.09		13.99	0.87	12.36
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.45		33.81	2.11	29.85
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.06		0.28	0.02	0.25
12:0	g	0.04		0.20	0.01	0.17
14:0	g	0.56		2.53	0.16	2.23
16:0	g	4.26		19.31	1.21	17.05
18:0	g	2.15		9.73	0.61	8.59
Monounsaturated, total	g	7.76		35.20	2.20	31.08
16:1	g	0.89		4.05	0.25	3.58
18:1	g	6.50		29.47	1.84	26.02
20:1	g	0.02		0.11	0.01	0.10
22:1	g					
Polyunsaturated, total	g	0.69		3.13	0.20	2.77
18:2	g	0.43		1.96	0.12	1.73
18:3	g	0.22		1.01	0.06	0.89
18:4	g					
20:4	g	0.02		0.11	0.01	0.10
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	68		306	19	270
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.209		0.948	0.059	0.837
Threonine	g	0.816		3.701	0.231	3.268
Isoleucine	g	0.840		3.810	0.238	3.364
Leucine	g	1.477		6.700	0.419	5.915
Lysine	g	1.554		7.049	0.441	6.224
Methionine	g	0.478		2.168	0.136	1.914
Cystine	g	0.209		0.948	0.059	0.837
Phenylalanine	g	0.729		3.307	0.207	2.920
Tyrosine	g	0.628		2.849	0.178	2.515
Valine	g	0.909		4.123	0.258	3.641
Arginine	g	1.181		5.357	0.335	4.730
Histidine	g	0.640		2.903	0.181	2.563
Alanine	g	1.127		5.112	0.320	4.514
Aspartic acid	g	1.707		7.743	0.484	6.837
Glutamic acid	g	2.807		12.733	0.796	11.242
Glycine	g	1.019		4.622	0.289	4.081
Proline	g	0.825		3.742	0.234	3.304
Serine	g	0.714		3.239	0.202	2.860

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Good, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of
	Mean	Standard error	Number of samples	Approximate measure and weight		1 pound of food as purchased
				3 oz	1 lb raw AP	Refuse: Bone 15%
				= 85 g	yields 265 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	46.25		39.31	122.55	177.68
Food energy	{ kcal . . .	337		287	894	1,296
	{ kJ . . .	1,411		1,200	3,740	5,422
Protein (N X 6 . 25)	g . . .	27.38		23.27	72.56	105.20
Total lipid (fat)	g . . .	24.43		20.77	64.74	93.86
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.95		0.80	2.51	3.63
MINERALS:						
Calcium	mg . . .	10		9	27	39
Iron	mg . . .	3.10		2.64	8.22	11.91
Magnesium	mg . . .	20		17	52	76
Phosphorus	mg . . .	219		186	581	843
Potassium	mg . . .	246		209	653	946
Sodium	mg . . .	60		51	159	230
Zinc	mg . . .	6.83		5.81	18.10	26.25
Copper	mg . . .	0.134		0.114	0.355	0.515
Manganese	mg . . .	0.016		0.014	0.042	0.061
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.069		0.059	0.183	0.265
Riboflavin	mg . . .	0.238		0.202	0.631	0.914
Niacin	mg . . .	3.171		2.695	8.403	12.183
Pantothenic acid.	mg . . .	0.324		0.275	0.859	1.245
Vitamin B ₆	mg . . .	0.28		0.24	0.75	1.09
Folacin	mcg . . .	9		8	24	34
Vitamin B ₁₂	mcg . . .	2.95		2.51	7.83	11.35
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.04		8.53	26.60	38.57
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.06	0.19	0.27
12:0	g . . .	0.07		0.06	0.17	0.25
14:0	g . . .	0.77		0.65	2.04	2.95
16:0	g . . .	5.93		5.04	15.72	22.79
18:0	g . . .	2.77		2.36	7.35	10.65
Monounsaturated, total	g . . .	10.94		9.30	29.00	42.05
16:1	g . . .	1.04		0.88	2.75	3.99
18:1	g . . .	9.40		7.99	24.90	36.10
20:1	g . . .	0.05		0.04	0.12	0.17
22:1	g . . .					
Polyunsaturated, total	g . . .	0.95		0.80	2.50	3.63
18:2	g . . .	0.62		0.52	1.63	2.36
18:3	g . . .	0.28		0.24	0.75	1.09
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.08	0.12
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	99		84	263	381
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.307		0.261	0.814	1.179
Threonine	g . . .	1.196		1.017	3.169	4.595
Isoleucine	g . . .	1.231		1.046	3.262	4.730
Leucine	g . . .	2.164		1.839	5.735	8.314
Lysine	g . . .	2.278		1.936	6.037	8.752
Methionine	g . . .	0.701		0.596	1.858	2.693
Cystine	g . . .	0.307		0.261	0.814	1.179
Phenylalanine	g . . .	1.069		0.909	2.833	4.107
Tyrosine	g . . .	0.920		0.782	2.438	3.535
Valine	g . . .	1.332		1.132	3.530	5.118
Arginine	g . . .	1.730		1.471	4.585	6.647
Histidine	g . . .	0.938		0.797	2.486	3.604
Alanine	g . . .	1.652		1.404	4.378	6.347
Aspartic acid	g . . .	2.502		2.127	6.630	9.613
Glutamic acid.	g . . .	4.114		3.497	10.902	15.806
Glycine	g . . .	1.494		1.270	3.959	5.740
Proline	g . . .	1.209		1.028	3.204	4.645
Serine	g . . .	1.047		0.890	2.775	4.023

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.92		262.73	16.42	230.18
Food energy	$\left\{ \begin{array}{l} kcal . . . \\ kJ . . . \end{array} \right.$	$\left\{ \begin{array}{l} 294 \\ 1,229 \end{array} \right.$		$\left\{ \begin{array}{l} 1,332 \\ 5,573 \end{array} \right.$	$\left\{ \begin{array}{l} 83 \\ 348 \end{array} \right.$	$\left\{ \begin{array}{l} 1,167 \\ 4,883 \end{array} \right.$
Protein (N X 6.25)	g . . .	17.75		80.50	5.03	70.53
Total lipid (fat)	g . . .	24.16		109.57	6.85	95.99
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.84		3.81	0.24	3.33
MINERALS:						
Calcium	mg . . .	7		33	2	29
Iron	mg . . .	2.01		9.09	0.57	7.97
Magnesium	mg . . .	18		83	5	72
Phosphorus	mg . . .	166		753	47	659
Potassium	mg . . .	289		1,313	82	1,150
Sodium	mg . . .	57		258	16	226
Zinc	mg . . .	3.81		17.29	1.08	15.15
Copper	mg . . .	0.077		0.349	0.022	0.306
Manganese	mg . . .	0.012		0.054	0.003	0.048
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.104		0.472	0.029	0.413
Riboflavin	mg . . .	0.169		0.767	0.048	0.672
Niacin	mg . . .	3.106		14.089	0.881	12.343
Pantothenic acid	mg . . .	0.290		1.315	0.082	1.152
Vitamin B ₆	mg . . .	0.36		1.65	0.10	1.44
Folacin	mcg . . .	7		31	2	27
Vitamin B ₁₂	mcg . . .	2.94		13.33	0.83	11.68
Vitamin A	$\left\{ \begin{array}{l} RE . . . \\ IU . . . \end{array} \right.$	$\left\{ \begin{array}{l} -- \\ -- \end{array} \right.$		$\left\{ \begin{array}{l} -- \\ -- \end{array} \right.$	$\left\{ \begin{array}{l} -- \\ -- \end{array} \right.$	$\left\{ \begin{array}{l} -- \\ -- \end{array} \right.$
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.31		46.75	2.92	40.96
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.09		0.39	0.02	0.34
12:0	g . . .	0.06		0.26	0.02	0.23
14:0	g . . .	0.77		3.49	0.22	3.06
16:0	g . . .	5.89		26.69	1.67	23.39
18:0	g . . .	2.97		13.46	0.84	11.79
Monounsaturated, total	g . . .	10.73		48.65	3.04	42.63
16:1	g . . .	1.23		5.59	0.35	4.90
18:1	g . . .	8.98		40.73	2.55	35.69
20:1	g . . .	0.03		0.15	0.01	0.13
22:1	g . . .					
Polyunsaturated, total	g . . .	0.96		4.37	0.27	3.83
18:2	g . . .	0.61		2.74	0.17	2.40
18:3	g . . .	0.31		1.39	0.09	1.22
18:4	g . . .					
20:4	g . . .	0.04		0.16	0.01	0.14
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	70		319	20	279
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.199		0.903	0.056	0.791
Threonine	g . . .	0.775		3.515	0.220	3.080
Isoleucine	g . . .	0.798		3.620	0.226	3.171
Leucine	g . . .	1.402		6.359	0.397	5.572
Lysine	g . . .	1.476		6.695	0.418	5.866
Methionine	g . . .	0.454		2.059	0.129	1

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Prime, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%
				3 oz = 85 g	1 lb raw AP yields 277 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	43.02		36.57	119.17	172.69
Food energy	{ kcal . . . kJ . . .	391 1,635		332 1,390	1,082 4,528	1,568 6,562
Protein (N X 6.25)	g . . .	26.11		22.19	72.32	104.79
Total lipid (fat)	g . . .	30.96		26.32	85.76	124.27
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.91		0.77	2.52	3.64
MINERALS:						
Calcium	mg . . .	10		9	29	42
Iron	mg . . .	2.94		2.50	8.15	11.82
Magnesium	mg . . .	19		16	52	75
Phosphorus	mg . . .	208		177	577	837
Potassium	mg . . .	237		201	655	950
Sodium	mg . . .	58		50	162	234
Zinc	mg . . .	6.42		5.46	17.78	25.76
Copper	mg . . .	0.127		0.108	0.352	0.510
Manganese	mg . . .	0.015		0.013	0.042	0.060
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.066		0.056	0.183	0.265
Riboflavin	mg . . .	0.227		0.193	0.629	0.911
Niacin	mg . . .	3.048		2.591	8.443	12.235
Pantothenic acid	mg . . .	0.311		0.264	0.861	1.248
Vitamin B ₆	mg . . .	0.27		0.23	0.75	1.09
Folacin	mcg . . .	9		7	24	34
Vitamin B ₁₂	mcg . . .	2.85		2.42	7.90	11.45
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	12.69		10.79	35.15	50.94
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.09		0.07	0.24	0.35
12:0	g . . .	0.08		0.07	0.22	0.33
14:0	g . . .	0.97		0.82	2.68	3.89
16:0	g . . .	7.49		6.37	20.75	30.07
18:0	g . . .	3.52		2.99	9.74	14.12
Monounsaturated, total	g . . .	13.86		11.78	38.39	55.63
16:1	g . . .	1.31		1.11	3.63	5.26
18:1	g . . .	11.90		10.12	32.97	47.78
20:1	g . . .	0.06		0.05	0.16	0.22
22:1	g . . .					
Polyunsaturated, total	g . . .	1.20		1.02	3.33	4.82
18:2	g . . .	0.79		0.67	2.17	3.15
18:3	g . . .	0.35		0.30	0.97	1.40
18:4	g . . .					
20:4	g . . .	0.04		0.04	0.12	0.17
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	99		84	274	397
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.292		0.248	0.809	1.172
Threonine	g . . .	1.140		0.969	3.158	4.576
Isoleucine	g . . .	1.174		0.998	3.252	4.712
Leucine	g . . .	2.063		1.754	5.715	8.281
Lysine	g . . .	2.172		1.846	6.016	8.718
Methionine	g . . .	0.668		0.568	1.850	2.681
Cystine	g . . .	0.292		0.248	0.809	1.172
Phenylalanine	g . . .	1.019		0.866	2.823	4.090
Tyrosine	g . . .	0.877		0.745	2.429	3.520
Valine	g . . .	1.270		1.080	3.518	5.098
Arginine	g . . .	1.650		1.403	4.571	6.623
Histidine	g . . .	0.894		0.760	2.476	3.589
Alanine	g . . .	1.575		1.339	4.363	6.322
Aspartic acid	g . . .	2.385		2.027	6.606	9.573
Glutamic acid	g . . .	3.922		3.334	10.864	15.743
Glycine	g . . .	1.424		1.210	3.944	5.716
Proline	g . . .	1.153		0.980	3.194	4.628
Serine	g . . .	0.998		0.848	2.764	4.006

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%, separable fat 20%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 73.33	0.307	19 ¹	332.61	20.79	229.15
Food energy	{ kcal 135 kJ 567			614 2,570	38 161	423 1,771
Protein (N X6.25)	g 21.26	0.247	24	96.43	6.03	66.43
Total lipid (fat)	g 4.95	0.268	17 ¹	22.46	1.40	15.47
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.05	0.017	19	4.74	0.30	3.27
MINERALS:						
Calcium	mg 6	0.552	10	29	2	20
Iron	mg 2.47	0.065	47	11.20	0.70	7.72
Magnesium	mg 24	0.445	19	108	7	74
Phosphorus	mg 202	6.002	9	916	57	631
Potassium	mg 372	4.447	71	1,685	105	1,161
Sodium	mg 67	3.255	35	305	19	210
Zinc	mg 4.85	0.152	18	21.99	1.37	15.15
Copper	mg 0.094	0.004	17	0.426	0.027	0.294
Manganese	mg 0.014			0.064	0.004	0.044
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.127	0.007	23	0.576	0.036	0.397
Riboflavin	mg 0.206	0.007	22	0.934	0.058	0.644
Niacin	mg 3.728	0.243	23	16.910	1.057	11.650
Pantothenic acid	mg 0.347	0.027	4	1.574	0.098	1.084
Vitamin B ₆	mg 0.44	0.027	4	1.97	0.12	1.36
Folic acid	mcg 8	1.244	14	38	2	26
Vitamin B ₁₂	mcg 3.48	0.298	23	15.80	0.99	10.89
Vitamin A	{ RE -- IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 1.92			8.72	0.54	6.01
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.00	0.000	18	0.00	0.00	0.00
12:0	g 0.00	0.000	20	0.01	0.00	0.01
14:0	g 0.12	0.003	59	0.56	0.03	0.38
16:0	g 1.09	0.011	59	4.93	0.31	3.40
18:0	g 0.58	0.012	59	2.64	0.16	1.82
Monounsaturated, total	g 1.96			8.91	0.56	6.14
16:1	g 0.18	0.003	59	0.83	0.05	0.58
18:1	g 1.69	0.022	59	7.64	0.48	5.27
20:1	g 0.00	0.001	13	0.01	0.00	0.01
22:1	g					
Polyunsaturated, total	g 0.26			1.19	0.07	0.82
18:2	g 0.20	0.010	57	0.90	0.06	0.62
18:3	g 0.02	0.004	24	0.08	0.00	0.05
18:4	g					
20:4	g 0.03	0.003	22	0.15	0.01	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 60	1.522	18	271	17	187
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.238			1.080	0.067	0.744
Threonine	g 0.928			4.209	0.263	2.900
Isoleucine	g 0.956			4.336	0.271	2.988
Leucine	g 1.680			7.620	0.476	5.250
Lysine	g 1.769			8.024	0.502	5.528
Methionine	g 0.544			2.468	0.154	1.700
Cystine	g 0.238			1.080	0.067	0.744
Phenylalanine	g 0.830			3.765	0.235	2.594
Tyrosine	g 0.714			3.239	0.202	2.231
Valine	g 1.034			4.690	0.293	3.231
Arginine	g 1.343			6.092	0.381	4.197
Histidine	g 0.728			3.302	0.206	2.275
Alanine	g 1.282			5.815	0.363	4.006
Aspartic acid	g 1.942			8.809	0.551	6.069
Glutamic acid	g 3.194			14.488	0.905	9.981
Glycine	g 1.160			5.262	0.329	3.625
Proline	g 0.939			4.259	0.266	2.934
Serine	g 0.813			3.688	0.230	2.541

¹ Standard error of estimate.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%, separable fat 23%
					3 oz = 85 g	1 lb raw AP yields 202 g EP	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	55.20	0.485	11 ¹	46.92	111.50	161.23
Food energy	{ kcal kJ	231 967			196 822	467 1,953	675 2,824
Protein (N X6.25)	g	33.02	0.480	16	28.07	66.70	96.45
Total lipid (fat)	g	9.98	0.484	8 ¹	8.48	20.16	29.16
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11	0.031	15	0.95	2.25	3.25
MINERALS:							
Calcium	mg	9	0.726	9	7	18	25
Iron	mg	3.79	0.181	9	3.22	7.66	11.07
Magnesium	mg	24	0.511	9	21	49	71
Phosphorus	mg	268			228	541	782
Potassium	mg	289	4.146	9	246	584	845
Sodium	mg	66	6.606	9	56	134	193
Zinc	mg	8.66	0.349	8	7.36	17.50	25.30
Copper	mg	0.164	0.013	8	0.139	0.331	0.479
Manganese	mg	0.019			0.016	0.038	0.055
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.081	0.004	14	0.069	0.164	0.237
Riboflavin	mg	0.289	0.014	12	0.246	0.584	0.844
Niacin	mg	3.717	0.327	14	3.159	7.508	10.857
Pantothenic acid	mg	0.383	0.033	4	0.326	0.774	1.119
Vitamin B ₆	mg	0.33	0.017	4	0.28	0.67	0.97
Folic acid	mcg	11	2.071	14	9	22	32
Vitamin B ₁₂	mcg	3.40	0.500	15	2.89	6.88	9.94
Vitamin A	{ RE IU	--			--	--	--
LIPIDS:							
Fatty acids:							
Saturated, total	g	3.79			3.22	7.65	11.06
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00	0.000	8	0.00	0.01	0.01
12:0	g	0.01	0.000	8	0.00	0.01	0.01
14:0	g	0.26	0.020	9	0.22	0.53	0.77
16:0	g	2.17	0.049	9	1.84	4.37	6.32
18:0	g	1.18	0.077	9	1.00	2.38	3.44
Monounsaturated, total	g	4.35			3.70	8.79	12.72
16:1	g	0.37	0.022	9	0.31	0.75	1.08
18:1	g	3.80	0.062	9	3.23	7.68	11.11
20:1	g	0.00	0.003	8	0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.40			0.34	0.81	1.17
18:2	g	0.31	0.020	9	0.26	0.62	0.90
18:3	g	0.03	0.009	9	0.03	0.06	0.09
18:4	g						
20:4	g	0.05	0.005	9	0.04	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	101	1.572	8	85	203	294
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.370			0.315	0.747	1.081
Threonine	g	1.442			1.226	2.913	4.212
Isoleucine	g	1.485			1.262	3.000	4.338
Leucine	g	2.610			2.219	5.272	7.624
Lysine	g	2.747			2.335	5.549	8.024
Methionine	g	0.845			0.718	1.707	2.468
Cystine	g	0.370			0.315	0.747	1.081
Phenylalanine	g	1.289			1.096	2.604	3.765
Tyrosine	g	1.109			0.943	2.240	3.239
Valine	g	1.606			1.365	3.244	4.691
Arginine	g	2.087			1.774	4.216	6.096
Histidine	g	1.131			0.961	2.285	3.304
Alanine	g	1.992			1.693	4.024	5.819
Aspartic acid	g	3.017			2.564	6.094	8.813
Glutamic acid	g	4.961			4.217	10.021	14.491
Glycine	g	1.802			1.532	3.640	5.264
Proline	g	1.458			1.239	2.945	4.259
Serine	g	1.263			1.074	2.551	3.689

¹Standard error of estimate.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%, separable fat 21%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	73.17		331.92	20.74	226.40
Food energy	{ kcal kJ	137 574		623 2,605	39 163	425 1,777
Protein (N X 6.25)	g	21.26		96.43	6.03	65.78
Total lipid (fat)	g	5.15		23.36	1.46	15.94
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.05		4.74	0.30	3.24
MINERALS:						
Calcium	mg	6		29	2	20
Iron	mg	2.47		11.20	0.70	7.64
Magnesium	mg	24		108	7	74
Phosphorus	mg	202		916	57	625
Potassium	mg	372		1,685	105	1,150
Sodium	mg	67		305	19	208
Zinc	mg	4.85		21.99	1.37	15.00
Copper	mg	0.094		0.426	0.027	0.291
Manganese	mg	0.014		0.064	0.004	0.043
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.127		0.576	0.036	0.393
Riboflavin	mg	0.206		0.934	0.058	0.637
Niacin	mg	3.728		16.910	1.057	11.534
Pantothenic acid	mg	0.347		1.574	0.098	1.074
Vitamin B ₆	mg	0.44		1.97	0.12	1.35
Folic acid	mcg	8		38	2	26
Vitamin B ₁₂	mcg	3.48		15.80	0.99	10.78
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.00		9.07	0.57	6.18
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.00	0.00
12:0	g	0.00		0.01	0.00	0.01
14:0	g	0.13		0.58	0.04	0.40
16:0	g	1.13		5.13	0.32	3.50
18:0	g	0.61		2.74	0.17	1.87
Monounsaturated, total	g	2.04		9.26	0.58	6.32
16:1	g	0.19		0.87	0.05	0.59
18:1	g	1.75		7.95	0.50	5.42
20:1	g	0.00		0.01	0.00	0.01
22:1	g					
Polyunsaturated, total	g	0.27		1.23	0.08	0.84
18:2	g	0.21		0.94	0.06	0.64
18:3	g	0.02		0.08	0.00	0.05
18:4	g					
20:4	g	0.04		0.16	0.01	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	60		271	17	185
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.238		1.080	0.067	0.736
Threonine	g	0.928		4.209	0.263	2.871
Isoleucine	g	0.956		4.336	0.271	2.958
Leucine	g	1.680		7.620	0.476	5.198
Lysine	g	1.769		8.024	0.502	5.473
Methionine	g	0.544		2.468	0.154	1.683
Cystine	g	0.238		1.080	0.067	0.736
Phenylalanine	g	0.830		3.765	0.235	2.568
Tyrosine	g	0.714		3.239	0.202	2.209
Valine	g	1.034		4.690	0.293	3.199
Arginine	g	1.343		6.092	0.381	4.155
Histidine	g	0.728		3.302	0.206	2.252
Alanine	g	1.282		5.815	0.363	3.967
Aspartic acid	g	1.942		8.809	0.551	6.009
Glutamic acid	g	3.194		14.488	0.905	9.882
Glycine	g	1.160		5.262	0.329	3.589
Proline	g	0.939		4.259	0.266	2.905
Serine	g	0.813		3.688	0.230	2.515

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Choice, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%, separable fat 24%	
				3 oz = 85 g	1 lb raw AP yields 202 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	55.07		46.81	111.25	161.37	
Food energy	{ kcal . .	234		199	473	686	
	{ kJ . . .	979		832	1,978	2,870	
Protein (N X 6.25)	g . . .	33.02		28.07	66.70	96.75	
Total lipid (fat)	g . . .	10.32		8.77	20.85	30.24	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	1.11		0.95	2.25	3.26	
MINERALS:							
Calcium	mg . . .	9		7	18	26	
Iron	mg . . .	3.79		3.22	7.66	11.10	
Magnesium	mg . . .	24		21	49	71	
Phosphorus	mg . . .	268		228	541	784	
Potassium	mg . . .	289		246	584	847	
Sodium	mg . . .	66		56	134	194	
Zinc	mg . . .	8.66		7.36	17.50	25.38	
Copper	mg . . .	0.164		0.139	0.331	0.481	
Manganese	mg . . .	0.019		0.016	0.038	0.056	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.081		0.069	0.164	0.237	
Riboflavin	mg . . .	0.289		0.246	0.584	0.847	
Niacin	mg . . .	3.717		3.159	7.508	10.891	
Pantothenic acid.	mg . . .	0.383		0.326	0.774	1.122	
Vitamin B ₆	mg . . .	0.33		0.28	0.67	0.97	
Folicin	mcg . . .	11		9	22	32	
Vitamin B ₁₂	mcg . . .	3.40		2.89	6.88	9.97	
Vitamin A	{ RE . . .	--		--	--	--	
	{ IU . . .	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	3.92		3.33	7.91	11.47	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.01		0.00	0.01	0.01	
12:0	g . . .	0.01		0.01	0.01	0.02	
14:0	g . . .	0.27		0.23	0.55	0.80	
16:0	g . . .	2.24		1.90	4.52	6.56	
18:0	g . . .	1.22		1.03	2.46	3.57	
Monounsaturated, total	g . . .	4.50		3.83	9.09	13.19	
16:1	g . . .	0.38		0.32	0.77	1.12	
18:1	g . . .	3.93		3.34	7.94	11.52	
20:1	g . . .	0.01		0.00	0.01	0.01	
22:1	g . . .						
Polyunsaturated, total	g . . .	0.42		0.35	0.84	1.22	
18:2	g . . .	0.32		0.27	0.64	0.93	
18:3	g . . .	0.03		0.03	0.06	0.09	
18:4	g . . .						
20:4	g . . .	0.05		0.04	0.09	0.14	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	101		85	203	294	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.370		0.315	0.747	1.084	
Threonine	g . . .	1.442		1.226	2.913	4.225	
Isoleucine	g . . .	1.485		1.262	3.000	4.351	
Leucine	g . . .	2.610		2.219	5.272	7.647	
Lysine	g . . .	2.747		2.335	5.549	8.049	
Methionine	g . . .	0.845		0.718	1.707	2.476	
Cystine	g . . .	0.370		0.315	0.747	1.084	
Phenylalanine	g . . .	1.289		1.096	2.604	3.777	
Tyrosine	g . . .	1.109		0.943	2.240	3.249	
Valine	g . . .	1.606		1.365	3.244	4.706	
Arginine	g . . .	2.087		1.774	4.216	6.115	
Histidine	g . . .	1.131		0.961	2.285	3.314	
Alanine	g . . .	1.992		1.693	4.024	5.837	
Aspartic acid	g . . .	3.017		2.564	6.094	8.840	
Glutamic acid.	g . . .	4.961		4.217	10.021	14.536	
Glycine	g . . .	1.802		1.532	3.640	5.280	
Proline	g . . .	1.458		1.239	2.945	4.272	
Serine	g . . .	1.263		1.074	2.551	3.701	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 12%, separable fat 18%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	73.79		334.69	20.92	236.92
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	130 544		590 2,467	37 154	417 1,746
Protein (N X 6.25)	g . . .	21.26		96.43	6.03	68.26
Total lipid (fat)	g . . .	4.35		19.72	1.23	13.96
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.05		4.74	0.30	3.36
MINERALS:						
Calcium	mg . . .	6		29	2	20
Iron	mg . . .	2.47		11.20	0.70	7.93
Magnesium	mg . . .	24		108	7	77
Phosphorus	mg . . .	202		916	57	648
Potassium	mg . . .	372		1,685	105	1,193
Sodium	mg . . .	67		305	19	216
Zinc	mg . . .	4.85		21.99	1.37	15.57
Copper	mg . . .	0.094		0.426	0.027	0.302
Manganese	mg . . .	0.014		0.064	0.004	0.045
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.127		0.576	0.036	0.408
Riboflavin	mg . . .	0.206		0.934	0.058	0.661
Niacin	mg . . .	3.728		16.910	1.057	11.971
Pantothenic acid	mg . . .	0.347		1.574	0.098	1.114
Vitamin B ₆	mg . . .	0.44		1.97	0.12	1.40
Folacin	mcg . . .	8		38	2	27
Vitamin B ₁₂	mcg . . .	3.48		15.80	0.99	11.19
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	1.69		7.65	0.48	5.42
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.11		0.49	0.03	0.35
16:0	g . . .	0.95		4.33	0.27	3.06
18:0	g . . .	0.51		2.32	0.14	1.64
Monounsaturated, total	g . . .	1.73		7.82	0.49	5.54
16:1	g . . .	0.16		0.73	0.05	0.52
18:1	g . . .	1.48		6.71	0.42	4.75
20:1	g . . .	0.00		0.01	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.23		1.04	0.07	0.74
18:2	g . . .	0.17		0.79	0.05	0.56
18:3	g . . .	0.02		0.07	0.00	0.05
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		271	17	192
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.238		1.080	0.067	0.764
Threonine	g . . .	0.928		4.209	0.263	2.980
Isoleucine	g . . .	0.956		4.336	0.271	3.070
Leucine	g . . .	1.680		7.620	0.476	5.394
Lysine	g . . .	1.769		8.024	0.502	5.680
Methionine	g . . .	0.544		2.468	0.154	1.747
Cystine	g . . .	0.238		1.080	0.067	0.764
Phenylalanine	g . . .	0.830		3.765	0.235	2.665
Tyrosine	g . . .	0.714		3.239	0.202	2.293
Valine	g . . .	1.034		4.690	0.293	3.320
Arginine	g . . .	1.343		6.092	0.381	4.312
Histidine	g . . .	0.728		3.302	0.206	2.338
Alanine	g . . .	1.282		5.815	0.363	4.117
Aspartic acid	g . . .	1.942		8.809	0.551	6.236
Glutamic acid	g . . .	3.194		14.488	0.905	10.256
Glycine	g . . .	1.160		5.262	0.329	3.725
Proline	g . . .	0.939		4.259	0.266	3.015
Serine	g . . .	0.813		3.688	0.230	2.611

AH 8-13 (1985)
NDB No. 13046

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%, separable fat 24%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	71.80		325.69	20.36	208.44
Food energy	{ kcal kJ	154 642		696 2,914	44 182	446 1,865
Protein (N X 6.25)	g	21.26		96.43	6.03	61.71
Total lipid (fat)	g	6.96		31.56	1.97	20.20
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.05		4.74	0.30	3.04
MINERALS:						
Calcium	mg	6		29	2	18
Iron	mg	2.47		11.20	0.70	7.17
Magnesium	mg	24		108	7	69
Phosphorus	mg	202		916	57	586
Potassium	mg	372		1,685	105	1,079
Sodium	mg	67		305	19	195
Zinc	mg	4.85		21.99	1.37	14.07
Copper	mg	0.094		0.426	0.027	0.273
Manganese	mg	0.014		0.064	0.004	0.041
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.127		0.576	0.036	0.369
Riboflavin	mg	0.206		0.934	0.058	0.598
Niacin	mg	3.728		16.910	1.057	10.822
Pantothenic acid	mg	0.347		1.574	0.098	1.007
Vitamin B ₆	mg	0.44		1.97	0.12	1.26
Folacin	mcg	8		38	2	24
Vitamin B ₁₂	mcg	3.48		15.80	0.99	10.11
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.70		12.27	0.77	7.85
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.01	0.00	0.01
12:0	g	0.00		0.01	0.00	0.01
14:0	g	0.17		0.78	0.05	0.50
16:0	g	1.53		6.93	0.43	4.44
18:0	g	0.82		3.71	0.23	2.37
Monounsaturated, total	g	2.76		12.53	0.78	8.02
16:1	g	0.26		1.17	0.07	0.75
18:1	g	2.37		10.74	0.67	6.87
20:1	g	0.00		0.02	0.00	0.01
22:1	g					
Polyunsaturated, total	g	0.37		1.68	0.10	1.07
18:2	g	0.28		1.27	0.08	0.81
18:3	g	0.02		0.11	0.01	0.07
18:4	g					
20:4	g	0.05		0.22	0.01	0.14
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	60		271	17	174
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.238		1.080	0.067	0.691
Threonine	g	0.928		4.209	0.263	2.694
Isoleucine	g	0.956		4.336	0.271	2.775
Leucine	g	1.680		7.620	0.476	4.877
Lysine	g	1.769		8.024	0.502	5.135
Methionine	g	0.544		2.468	0.154	1.579
Cystine	g	0.238		1.080	0.067	0.691
Phenylalanine	g	0.830		3.765	0.235	2.409
Tyrosine	g	0.714		3.239	0.202	2.073
Valine	g	1.034		4.690	0.293	3.002
Arginine	g	1.343		6.092	0.381	3.899
Histidine	g	0.728		3.302	0.206	2.113
Alanine	g	1.282		5.815	0.363	3.722
Aspartic acid	g	1.942		8.809	0.551	5.638
Glutamic acid	g	3.194		14.488	0.905	9.272
Glycine	g	1.160		5.262	0.329	3.367
Proline	g	0.939		4.259	0.266	2.726
Serine	g	0.813		3.688	0.230	2.360

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Prime, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 12%, separable fat 27%	
				3 oz = 85 g	1 lb raw AP yields 191 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	53.96		45.86	103.06	149.51	
Food energy	{ kcal . . .	261		222	499	725	
	{ kJ . . .	1,094		930	2,090	3,032	
Protein (N X 6.25)	g . . .	33.02		28.07	63.07	91.50	
Total lipid (fat)	g . . .	13.36		11.35	25.51	37.01	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	1.11		0.95	2.13	3.08	
MINERALS:							
Calcium	mg . . .	9		7	17	24	
Iron	mg . . .	3.79		3.22	7.24	10.50	
Magnesium	mg . . .	24		21	46	67	
Phosphorus	mg . . .	268		228	511	742	
Potassium	mg . . .	289		246	552	801	
Sodium	mg . . .	66		56	126	183	
Zinc	mg . . .	8.66		7.36	16.55	24.01	
Copper	mg . . .	0.164		0.139	0.313	0.454	
Manganese	mg . . .	0.019		0.016	0.036	0.053	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.081		0.069	0.155	0.224	
Riboflavin	mg . . .	0.289		0.246	0.552	0.801	
Niacin	mg . . .	3.717		3.159	7.099	10.300	
Pantothenic acid	mg . . .	0.383		0.326	0.732	1.061	
Vitamin B ₆	mg . . .	0.33		0.28	0.63	0.92	
Folacin	mcg . . .	11		9	21	30	
Vitamin B ₁₂	mcg . . .	3.40		2.89	6.50	9.43	
Vitamin A	{ RE . . .	--		--	--	--	
	{ IU . . .	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	5.07		4.31	9.68	14.04	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.01		0.01	0.01	0.02	
12:0	g . . .	0.01		0.01	0.01	0.02	
14:0	g . . .	0.35		0.30	0.67	0.98	
16:0	g . . .	2.90		2.46	5.53	8.02	
18:0	g . . .	1.58		1.34	3.01	4.36	
Monounsaturated, total	g . . .	5.82		4.95	11.12	16.14	
16:1	g . . .	0.49		0.42	0.94	1.37	
18:1	g . . .	5.09		4.33	9.72	14.10	
20:1	g . . .	0.01		0.01	0.01	0.02	
22:1	g . . .						
Polyunsaturated, total	g . . .	0.54		0.46	1.03	1.49	
18:2	g . . .	0.41		0.35	0.79	1.14	
18:3	g . . .	0.04		0.04	0.08	0.12	
18:4	g . . .						
20:4	g . . .	0.06		0.05	0.12	0.17	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	101		85	192	279	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.370		0.315	0.707	1.025	
Threonine	g . . .	1.442		1.226	2.754	3.996	
Isoleucine	g . . .	1.485		1.262	2.836	4.115	
Leucine	g . . .	2.610		2.219	4.985	7.232	
Lysine	g . . .	2.747		2.335	5.247	7.612	
Methionine	g . . .	0.845		0.718	1.614	2.341	
Cystine	g . . .	0.370		0.315	0.707	1.025	
Phenylalanine	g . . .	1.289		1.096	2.462	3.572	
Tyrosine	g . . .	1.109		0.943	2.118	3.073	
Valine	g . . .	1.606		1.365	3.067	4.450	
Arginine	g . . .	2.087		1.774	3.986	5.783	
Histidine	g . . .	1.131		0.961	2.160	3.134	
Alanine	g . . .	1.992		1.693	3.805	5.520	
Aspartic acid	g . . .	3.017		2.564	5.762	8.360	
Glutamic acid	g . . .	4.961		4.217	9.476	13.747	
Glycine	g . . .	1.802		1.532	3.442	4.993	
Proline	g . . .	1.458		1.239	2.785	4.040	
Serine	g . . .	1.263		1.074	2.412	3.500	

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 22%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	58.85			266.96	16.69	209.28
Food energy { kcal . . .	284			1,287	80	1,009
Protein (N X 6.25) g . . .	1,187			5,386	337	4,223
Total lipid (fat) g . . .	16.66			75.55	4.72	59.23
Carbohydrate, total g . . .	23.58			106.96	6.69	83.85
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.00			0.00	0.00	0.00
	0.79			3.58	0.22	2.81
MINERALS:						
Calcium mg . . .	10			45	3	35
Iron mg . . .	1.96			8.90	0.56	6.98
Magnesium mg . . .	16			74	5	58
Phosphorus mg . . .	157			711	44	558
Potassium mg . . .	259			1,176	73	922
Sodium mg . . .	66			298	19	234
Zinc mg . . .	4.76			21.58	1.35	16.92
Copper mg . . .	0.070			0.318	0.020	0.249
Manganese mg . . .	0.012			0.054	0.003	0.043
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.092			0.417	0.026	0.327
Riboflavin mg . . .	0.162			0.735	0.046	0.576
Niacin mg . . .	2.137			9.693	0.606	7.599
Pantothenic acid mg . . .	0.279			1.266	0.079	0.992
Vitamin B ₆ mg . . .	0.35			1.56	0.10	1.23
Folic acid mcg . . .	5			24	2	19
Vitamin B ₁₂ mcg . . .	3.29			14.91	0.93	11.69
Vitamin A { RE . . .	--			--	--	--
	IU . . .			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	10.08			45.74	2.86	35.86
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.08			0.34	0.02	0.27
12:0 g . . .	0.05			0.24	0.02	0.19
14:0 g . . .	0.75			3.40	0.21	2.66
16:0 g . . .	5.71			25.91	1.62	20.31
18:0 g . . .	2.93			13.28	0.83	10.41
Monounsaturated, total g . . .	10.82			49.10	3.07	38.49
16:1 g . . .	1.17			5.28	0.33	4.14
18:1 g . . .	9.15			41.50	2.59	32.53
20:1 g . . .	0.04			0.16	0.01	0.12
22:1 g . . .						
Polyunsaturated, total g . . .	0.86			3.90	0.24	3.05
18:2 g . . .	0.56			2.54	0.16	1.99
18:3 g . . .	0.26			1.19	0.07	0.94
18:4 g . . .						
20:4 g . . .	0.03			0.12	0.01	0.09
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	73			329	21	258
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.186			0.844	0.053	0.661
Threonine g . . .	0.727			3.298	0.206	2.585
Isoleucine g . . .	0.749			3.397	0.212	2.663
Leucine g . . .	1.316			5.969	0.373	4.680
Lysine g . . .	1.385			6.282	0.393	4.925
Methionine g . . .	0.426			1.932	0.121	1.515
Cystine g . . .	0.186			0.844	0.053	0.661
Phenylalanine g . . .	0.650			2.948	0.184	2.311
Tyrosine g . . .	0.559			2.536	0.158	1.988
Valine g . . .	0.810			3.674	0.230	2.880
Arginine g . . .	1.052			4.772	0.298	3.741
Histidine g . . .	0.570			2.586	0.162	2.027
Alanine g . . .	1.004			4.554	0.285	3.570
Aspartic acid g . . .	1.521			6.899	0.431	5.409
Glutamic acid g . . .	2.501			11.345	0.709	8.894
Glycine g . . .	0.908			4.119	0.257	3.229
Proline g . . .	0.735			3.334	0.208	2.614
Serine g . . .	0.637			2.889	0.181	2.265

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, All grades, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 23%
				3 oz = 85 g	1 lb raw AP yields 251 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	43.29		36.80	108.67	150.83
Food energy	{ kcal	383		325	961	1,334
	{ kJ	1,602		1,362	4,022	5,582
Protein (N X 6.25)	g	25.44		21.63	63.86	88.65
Total lipid (fat)	g	30.41		25.85	76.33	105.94
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.84		0.72	2.12	2.94
MINERALS:						
Calcium	mg	13		11	32	45
Iron	mg	2.96		2.52	7.43	10.32
Magnesium	mg	18		15	45	63
Phosphorus	mg	191		162	480	666
Potassium	mg	223		190	560	777
Sodium	mg	63		53	158	219
Zinc	mg	7.83		6.66	19.65	27.28
Copper	mg	0.119		0.101	0.299	0.415
Manganese	mg	0.015		0.013	0.038	0.052
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.069		0.059	0.173	0.240
Riboflavin	mg	0.230		0.196	0.577	0.801
Niacin	mg	2.360		2.006	5.924	8.222
Pantothenic acid	mg	0.297		0.252	0.745	1.035
Vitamin B ₆	mg	0.25		0.21	0.62	0.86
Folacin	mcg	5		5	14	19
Vitamin B ₁₂	mcg	2.23		1.90	5.60	7.78
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.69		10.78	31.84	44.19
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.08		0.07	0.20	0.28
12:0	g	0.08		0.06	0.19	0.26
14:0	g	0.97		0.83	2.44	3.38
16:0	g	7.39		6.28	18.56	25.76
18:0	g	3.60		3.06	9.05	12.56
Monounsaturated, total	g	13.70		11.64	34.38	47.72
16:1	g	1.25		1.06	3.12	4.34
18:1	g	11.84		10.06	29.72	41.25
20:1	g	0.06		0.05	0.14	0.20
22:1	g					
Polyunsaturated, total	g	1.11		0.94	2.79	3.87
18:2	g	0.75		0.63	1.87	2.60
18:3	g	0.31		0.27	0.79	1.09
18:4	g					
20:4	g	0.03		0.03	0.08	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	103		87	258	358
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.285		0.242	0.715	0.993
Threonine	g	1.111		0.944	2.789	3.871
Isoleucine	g	1.144		0.972	2.871	3.986
Leucine	g	2.011		1.709	5.048	7.006
Lysine	g	2.117		1.799	5.314	7.376
Methionine	g	0.651		0.553	1.634	2.268
Cystine	g	0.285		0.242	0.715	0.993
Phenylalanine	g	0.993		0.844	2.492	3.460
Tyrosine	g	0.855		0.727	2.146	2.979
Valine	g	1.238		1.052	3.107	4.313
Arginine	g	1.608		1.367	4.036	5.602
Histidine	g	0.871		0.740	2.186	3.035
Alanine	g	1.535		1.305	3.853	5.348
Aspartic acid	g	2.325		1.976	5.836	8.100
Glutamic acid	g	3.823		3.250	9.596	13.319
Glycine	g	1.388		1.180	3.484	4.836
Proline	g	1.124		0.955	2.821	3.916
Serine	g	0.973		0.827	2.442	3.390

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	58.18		263.90	16.49	208.22
Food energy	{ kcal . . . kJ . . .	291 1,217		1,319 5,520	82 345	1,041 4,356
Protein (N X6.25)	g . . .	16.57		75.14	4.70	59.29
Total lipid (fat)	g . . .	24.41		110.70	6.92	87.35
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.79		3.56	0.22	2.81
MINERALS:						
Calcium	mg . . .	10		45	3	35
Iron	mg . . .	1.95		8.84	0.55	6.98
Magnesium	mg . . .	16		73	5	58
Phosphorus	mg . . .	156		707	44	558
Potassium	mg . . .	257		1,167	73	921
Sodium	mg . . .	65		296	19	234
Zinc	mg . . .	4.72		21.41	1.34	16.89
Copper	mg . . .	0.070		0.318	0.020	0.251
Manganese	mg . . .	0.012		0.054	0.003	0.043
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.091		0.413	0.026	0.326
Riboflavin	mg . . .	0.161		0.730	0.046	0.576
Niacin	mg . . .	2.130		9.662	0.604	7.623
Pantothenic acid	mg . . .	0.278		1.261	0.079	0.995
Vitamin B ₆	mg . . .	0.34		1.56	0.10	1.23
Folacin	mcg . . .	5		24	2	19
Vitamin B ₁₂	mcg . . .	3.27		14.81	0.93	11.69
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.43		47.32	2.96	37.34
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.35	0.02	0.28
12:0	g . . .	0.06		0.25	0.02	0.20
14:0	g . . .	0.78		3.52	0.22	2.78
16:0	g . . .	5.91		26.82	1.68	21.16
18:0	g . . .	3.03		13.75	0.86	10.85
Monounsaturated, total	g . . .	11.20		50.82	3.18	40.10
16:1	g . . .	1.21		5.47	0.34	4.31
18:1	g . . .	9.47		42.96	2.69	33.90
20:1	g . . .	0.04		0.16	0.01	0.13
22:1	g . . .					
Polyunsaturated, total	g . . .	0.89		4.04	0.25	3.19
18:2	g . . .	0.58		2.63	0.16	2.08
18:3	g . . .	0.27		1.23	0.08	0.97
18:4	g . . .					
20:4	g . . .	0.03		0.13	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	73		331	21	261
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.186		0.844	0.053	0.666
Threonine	g . . .	0.723		3.280	0.205	2.588
Isoleucine	g . . .	0.745		3.379	0.211	2.666
Leucine	g . . .	1.309		5.938	0.371	4.685
Lysine	g . . .	1.378		6.251	0.391	4.932
Methionine	g . . .	0.424		1.923	0.120	1.517
Cystine	g . . .	0.186		0.844	0.053	0.666
Phenylalanine	g . . .	0.647		2.935	0.183	2.316
Tyrosine	g . . .	0.557		2.527	0.158	1.994
Valine	g . . .	0.806		3.656	0.229	2.885
Arginine	g . . .	1.047		4.749	0.297	3.747
Histidine	g . . .	0.567		2.572	0.161	2.029
Alanine	g . . .	0.999		4.531	0.283	3.575
Aspartic acid	g . . .	1.513		6.863	0.429	5.415
Glutamic acid	g . . .	2.488		11.286	0.705	8.905
Glycine	g . . .	0.904		4.101	0.256	3.235
Proline	g . . .	0.731		3.316	0.207	2.616
Serine	g . . .	0.633		2.871	0.179	2.266

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 22%	
				3 oz = 85 g	1 lb raw AP yields 253 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	42.96		36.52	108.69	151.00	
Food energy	{ kcal . . .	388		330	982	1,364	
	{ kJ . . .	1,623		1,380	4,107	5,706	
Protein (N X 6.25)	g . . .	25.36		21.56	64.17	89.15	
Total lipid (fat)	g . . .	31.01		26.36	78.45	108.99	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	0.84		0.71	2.13	2.96	
MINERALS:							
Calcium	mg . . .	13		11	33	46	
Iron	mg . . .	2.95		2.51	7.46	10.37	
Magnesium	mg . . .	18		15	46	63	
Phosphorus	mg . . .	190		162	482	670	
Potassium	mg . . .	223		189	563	782	
Sodium	mg . . .	63		53	159	221	
Zinc	mg . . .	7.79		6.62	19.72	27.40	
Copper	mg . . .	0.119		0.101	0.301	0.418	
Manganese	mg . . .	0.015		0.013	0.038	0.053	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.069		0.059	0.175	0.243	
Riboflavin	mg . . .	0.229		0.195	0.579	0.805	
Niacin	mg . . .	2.355		2.002	5.958	8.278	
Pantothenic acid	mg . . .	0.296		0.252	0.749	1.040	
Vitamin B ₆	mg . . .	0.25		0.21	0.63	0.87	
Folacin	mcg . . .	5		5	14	19	
Vitamin B ₁₂	mcg . . .	2.23		1.89	5.64	7.83	
Vitamin A	{ RE . . .	--		--	--	--	
	{ IU . . .	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	12.94		11.00	32.73	45.47	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.08		0.07	0.20	0.28	
12:0	g . . .	0.08		0.07	0.19	0.27	
14:0	g . . .	0.99		0.84	2.50	3.48	
16:0	g . . .	7.54		6.41	19.07	26.50	
18:0	g . . .	3.68		3.13	9.31	12.93	
Monounsaturated, total	g . . .	13.97		11.88	35.35	49.11	
16:1	g . . .	1.27		1.08	3.21	4.46	
18:1	g . . .	12.08		10.27	30.55	42.45	
20:1	g . . .	0.06		0.05	0.14	0.20	
22:1	g . . .						
Polyunsaturated, total	g . . .	1.13		0.96	2.87	3.98	
18:2	g . . .	0.76		0.65	1.93	2.67	
18:3	g . . .	0.32		0.27	0.81	1.12	
18:4	g . . .						
20:4	g . . .	0.03		0.03	0.09	0.12	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	103		87	260	361	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.284		0.241	0.719	0.998	
Threonine	g . . .	1.108		0.942	2.803	3.895	
Isoleucine	g . . .	1.140		0.969	2.884	4.007	
Leucine	g . . .	2.005		1.704	5.073	7.048	
Lysine	g . . .	2.110		1.794	5.338	7.417	
Methionine	g . . .	0.649		0.552	1.642	2.281	
Cystine	g . . .	0.284		0.241	0.719	0.998	
Phenylalanine	g . . .	0.990		0.842	2.505	3.480	
Tyrosine	g . . .	0.852		0.724	2.156	2.995	
Valine	g . . .	1.234		1.049	3.122	4.338	
Arginine	g . . .	1.603		1.363	4.056	5.635	
Histidine	g . . .	0.868		0.738	2.196	3.051	
Alanine	g . . .	1.530		1.301	3.871	5.378	
Aspartic acid	g . . .	2.317		1.969	5.862	8.144	
Glutamic acid	g . . .	3.810		3.239	9.639	13.392	
Glycine	g . . .	1.384		1.176	3.502	4.865	
Proline	g . . .	1.120		0.952	2.834	3.937	
Serine	g . . .	0.970		0.825	2.454	3.410	

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 24%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 61.13			277.28	17.33	212.11
Food energy	{ kcal 260			1,180	74	903
	{ kJ 1,089			4,938	309	3,777
Protein (N X6.25)	g 16.96			76.95	4.81	58.87
Total lipid (fat)	g 20.81			94.41	5.90	72.22
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 0.81			3.67	0.23	2.81
MINERALS:						
Calcium	mg 10			45	3	34
Iron	mg 2.01			9.10	0.57	6.96
Magnesium	mg 17			76	5	58
Phosphorus	mg 160			726	45	555
Potassium	mg 266			1,208	76	924
Sodium	mg 67			304	19	233
Zinc	mg 4.90			22.21	1.39	16.99
Copper	mg 0.072			0.327	0.020	0.250
Manganese	mg 0.013			0.059	0.004	0.045
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.094			0.426	0.027	0.326
Riboflavin	mg 0.165			0.748	0.047	0.573
Niacin	mg 2.164			9.816	0.613	7.509
Pantothenic acid	mg 0.284			1.288	0.081	0.985
Vitamin B ₆	mg 0.35			1.60	0.10	1.22
Folacin	mcg 5			25	2	19
Vitamin B ₁₂	mcg 3.35			15.20	0.95	11.63
Vitamin A	{ RE --			--	--	--
	{ IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 8.91			40.41	2.53	30.91
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.07			0.30	0.02	0.23
12:0	g 0.05			0.21	0.01	0.16
14:0	g 0.66			3.00	0.19	2.29
16:0	g 5.04			22.87	1.43	17.49
18:0	g 2.58			11.72	0.73	8.97
Monounsaturated, total	g 9.55			43.34	2.71	33.15
16:1	g 1.03			4.66	0.29	3.56
18:1	g 8.08			36.64	2.29	28.03
20:1	g 0.03			0.14	0.01	0.10
22:1	g					
Polyunsaturated, total	g 0.76			3.43	0.21	2.63
18:2	g 0.49			2.24	0.14	1.71
18:3	g 0.23			1.05	0.07	0.81
18:4	g					
20:4	g 0.02			0.10	0.01	0.08
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 72			325	20	249
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.190			0.862	0.054	0.659
Threonine	g 0.741			3.361	0.210	2.571
Isoleucine	g 0.763			3.461	0.216	2.648
Leucine	g 1.341			6.083	0.380	4.653
Lysine	g 1.411			6.400	0.400	4.896
Methionine	g 0.434			1.969	0.123	1.506
Cystine	g 0.190			0.862	0.054	0.659
Phenylalanine	g 0.662			3.003	0.188	2.297
Tyrosine	g 0.570			2.586	0.162	1.978
Valine	g 0.825			3.742	0.234	2.863
Arginine	g 1.072			4.863	0.304	3.720
Histidine	g 0.581			2.635	0.165	2.016
Alanine	g 1.023			4.640	0.290	3.550
Aspartic acid	g 1.550			7.031	0.439	5.379
Glutamic acid	g 2.548			11.558	0.722	8.842
Glycine	g 0.925			4.196	0.262	3.210
Proline	g 0.749			3.397	0.212	2.599
Serine	g 0.649			2.944	0.184	2.252

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 26%
				3 oz = 85 g	1 lb raw AP yields 241 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	44.45		37.78	107.13	148.60
Food energy	{ kcal kJ	366 1,531		311 1,301	882 3,689	1,223 5,117
Protein (N X 6.25)	g	25.77		21.91	62.11	86.15
Total lipid (fat)	g	28.36		24.10	68.34	94.80
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.85		0.72	2.05	2.85
MINERALS:						
Calcium	mg	13		11	31	43
Iron	mg	3.00		2.55	7.24	10.04
Magnesium	mg	18		16	44	61
Phosphorus	mg	194		165	467	647
Potassium	mg	225		192	543	754
Sodium	mg	63		54	153	212
Zinc	mg	7.97		6.78	19.21	26.65
Copper	mg	0.132		0.112	0.318	0.441
Manganese	mg	0.015		0.013	0.036	0.050
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.070		0.060	0.169	0.234
Riboflavin	mg	0.233		0.198	0.562	0.779
Niacin	mg	2.377		2.020	5.729	7.946
Pantothenic acid	mg	0.300		0.255	0.723	1.003
Vitamin B ₆	mg	0.25		0.21	0.60	0.84
Folacin	mcg	5		5	13	18
Vitamin B ₁₂	mcg	2.25		1.91	5.41	7.51
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	11.83		10.06	28.52	39.55
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.08		0.06	0.18	0.25
12:0	g	0.07		0.06	0.17	0.23
14:0	g	0.91		0.77	2.18	3.03
16:0	g	6.90		5.86	16.63	23.06
18:0	g	3.36		2.85	8.09	11.23
Monounsaturated, total	g	12.78		10.86	30.79	42.71
16:1	g	1.16		0.99	2.80	3.89
18:1	g	11.04		9.38	26.60	36.90
20:1	g	0.05		0.04	0.13	0.17
22:1	g					
Polyunsaturated, total	g	1.04		0.88	2.50	3.46
18:2	g	0.69		0.59	1.67	2.32
18:3	g	0.30		0.25	0.71	0.99
18:4	g					
20:4	g	0.03		0.03	0.07	0.10
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	103		88	248	344
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.289		0.246	0.696	0.966
Threonine	g	1.126		0.957	2.714	3.764
Isoleucine	g	1.159		0.985	2.793	3.875
Leucine	g	2.037		1.731	4.909	6.810
Lysine	g	2.144		1.822	5.167	7.167
Methionine	g	0.660		0.561	1.591	2.206
Cystine	g	0.289		0.246	0.696	0.966
Phenylalanine	g	1.006		0.855	2.424	3.363
Tyrosine	g	0.866		0.736	2.087	2.895
Valine	g	1.253		1.065	3.020	4.189
Arginine	g	1.629		1.385	3.926	5.446
Histidine	g	0.882		0.750	2.126	2.949
Alanine	g	1.554		1.321	3.745	5.195
Aspartic acid	g	2.354		2.001	5.673	7.869
Glutamic acid	g	3.871		3.290	9.329	12.941
Glycine	g	1.406		1.195	3.388	4.700
Proline	g	1.138		0.967	2.743	3.804
Serine	g	0.985		0.837	2.374	3.293

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	54.73		248.27	15.52	196.88
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	328 1,371		1,486 6,217	93 389	1,178 4,930
Protein (N X 6.25)	g . . .	16.33		74.09	4.63	58.75
Total lipid (fat)	g . . .	28.58		129.65	8.10	102.81
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.77		3.50	0.22	2.77
MINERALS:						
Calcium	mg . . .	10		45	3	36
Iron	mg . . .	1.92		8.69	0.54	6.89
Magnesium	mg . . .	16		71	4	57
Phosphorus	mg . . .	153		696	44	552
Potassium	mg . . .	252		1,143	71	906
Sodium	mg . . .	64		292	18	231
Zinc	mg . . .	4.62		20.93	1.31	16.60
Copper	mg . . .	0.069		0.313	0.020	0.248
Manganese	mg . . .	0.012		0.054	0.003	0.043
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.090		0.408	0.026	0.324
Riboflavin	mg . . .	0.158		0.717	0.045	0.568
Niacin	mg . . .	2.110		9.571	0.598	7.590
Pantothenic acid	mg . . .	0.274		1.243	0.078	0.986
Vitamin B ₆	mg . . .	0.34		1.54	0.10	1.22
Folacin	mcg . . .	5		24	1	19
Vitamin B ₁₂	mcg . . .	3.22		14.59	0.91	11.57
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	12.15		55.09	3.44	43.69
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.09		0.39	0.02	0.31
12:0	g . . .	0.06		0.27	0.02	0.22
14:0	g . . .	0.90		4.08	0.25	3.23
16:0	g . . .	6.89		31.23	1.95	24.77
18:0	g . . .	3.55		16.10	1.01	12.77
Monounsaturated, total	g . . .	13.14		59.59	3.72	47.25
16:1	g . . .	1.39		6.28	0.39	4.98
18:1	g . . .	11.13		50.50	3.16	40.05
20:1	g . . .	0.04		0.19	0.01	0.15
22:1	g . . .					
Polyunsaturated, total	g . . .	1.05		4.74	0.30	3.76
18:2	g . . .	0.69		3.14	0.20	2.49
18:3	g . . .	0.30		1.36	0.08	1.08
18:4	g . . .					
20:4	g . . .	0.04		0.17	0.01	0.14
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	74		334	21	265
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.183		0.830	0.052	0.658
Threonine	g . . .	0.713		3.234	0.202	2.565
Isoleucine	g . . .	0.734		3.329	0.208	2.640
Leucine	g . . .	1.291		5.856	0.366	4.644
Lysine	g . . .	1.359		6.164	0.385	4.888
Methionine	g . . .	0.418		1.896	0.119	1.504
Cystine	g . . .	0.183		0.830	0.052	0.658
Phenylalanine	g . . .	0.638		2.894	0.181	2.295
Tyrosine	g . . .	0.549		2.490	0.156	1.975
Valine	g . . .	0.794		3.602	0.225	2.856
Arginine	g . . .	1.032		4.681	0.293	3.712
Histidine	g . . .	0.559		2.536	0.158	2.011
Alanine	g . . .	0.985		4.468	0.279	3.543
Aspartic acid	g . . .	1.492		6.768	0.423	5.367
Glutamic acid	g . . .	2.454		11.131	0.696	8.827
Glycine	g . . .	0.891		4.042	0.253	3.205
Proline	g . . .	0.721		3.270	0.204	2.593
Serine	g . . .	0.625		2.835	0.177	2.248

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Prime, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 24%
				3 oz = 85 g	1 lb raw AP yields 247 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	41.36		35.16	102.16	141.65
Food energy	{ kcal . . . kJ . . .	417 1,743		354 1,482	1,029 4,306	1,427 5,970
Protein (N X 6.25)	g . . .	25.49		21.66	62.95	87.29
Total lipid (fat)	g . . .	34.13		29.01	84.29	116.88
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.85		0.72	2.09	2.89
MINERALS:						
Calcium	mg . . .	13		11	32	44
Iron	mg . . .	2.97		2.52	7.33	10.16
Magnesium	mg . . .	18		15	45	62
Phosphorus	mg . . .	191		163	473	656
Potassium	mg . . .	223		190	552	765
Sodium	mg . . .	63		53	155	215
Zinc	mg . . .	7.85		6.67	19.38	26.88
Copper	mg . . .	0.131		0.111	0.324	0.449
Manganese	mg . . .	0.015		0.013	0.037	0.051
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.069		0.059	0.170	0.236
Riboflavin	mg . . .	0.231		0.196	0.571	0.791
Niacin	mg . . .	2.362		2.008	5.834	8.090
Pantothenic acid	mg . . .	0.297		0.252	0.734	1.017
Vitamin B ₆	mg . . .	0.25		0.21	0.62	0.85
Folic acid	mcg . . .	5		5	13	19
Vitamin B ₁₂	mcg . . .	2.23		1.90	5.52	7.65
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	14.20		12.07	35.08	48.64
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.07	0.20	0.28
12:0	g . . .	0.08		0.07	0.19	0.26
14:0	g . . .	1.08		0.92	2.67	3.70
16:0	g . . .	8.23		7.00	20.34	28.20
18:0	g . . .	4.09		3.48	10.11	14.02
Monounsaturated, total	g . . .	15.36		13.06	37.94	52.61
16:1	g . . .	1.37		1.17	3.39	4.70
18:1	g . . .	13.31		11.32	32.88	45.60
20:1	g . . .	0.06		0.05	0.15	0.20
22:1	g . . .					
Polyunsaturated, total	g . . .	1.24		1.05	3.06	4.24
18:2	g . . .	0.85		0.72	2.09	2.90
18:3	g . . .	0.32		0.27	0.79	1.10
18:4	g . . .					
20:4	g . . .	0.05		0.04	0.11	0.15
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	103		87	254	352
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.285		0.242	0.704	0.976
Threonine	g . . .	1.113		0.946	2.749	3.812
Isoleucine	g . . .	1.146		0.974	2.831	3.925
Leucine	g . . .	2.014		1.712	4.975	6.898
Lysine	g . . .	2.120		1.802	5.236	7.261
Methionine	g . . .	0.652		0.554	1.610	2.233
Cystine	g . . .	0.285		0.242	0.704	0.976
Phenylalanine	g . . .	0.995		0.846	2.458	3.408
Tyrosine	g . . .	0.856		0.728	2.114	2.932
Valine	g . . .	1.239		1.053	3.060	4.244
Arginine	g . . .	1.610		1.369	3.977	5.514
Histidine	g . . .	0.872		0.741	2.154	2.987
Alanine	g . . .	1.537		1.306	3.796	5.264
Aspartic acid	g . . .	2.328		1.979	5.750	7.973
Glutamic acid	g . . .	3.828		3.254	9.455	13.111
Glycine	g . . .	1.390		1.182	3.433	4.761
Proline	g . . .	1.125		0.956	2.779	3.853
Serine	g . . .	0.974		0.828	2.406	3.336

¹Standard error of estimate.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, All grades, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse, Bone 23%, separable fat 21%
				3 oz = 85 g	1 lb raw AP yields 182 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 52.67	0.935	11 ¹	44.77	95.86	133.31
Food energy	{ kcal 270			230	492	684
	{ kJ 1,131			961	2,059	2,863
Protein (N X6.25)	g 31.06	0.774	11	26.40	56.52	78.61
Total lipid (fat)	g 15.27	0.766	8 ¹	12.98	27.79	38.65
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 0.99	0.031	11	0.84	1.81	2.51
MINERALS:						
Calcium	mg 13	1.258	11	11	23	32
Iron	mg 3.68	0.200	10	3.13	6.70	9.32
Magnesium	mg 23	0.834	11	19	41	57
Phosphorus	mg 235			200	427	594
Potassium	mg 263	8.280	11	223	478	665
Sodium	mg 71	6.704	11	60	129	180
Zinc	mg 10.27	0.753	7	8.73	18.69	25.99
Copper	mg 0.148	0.011	8	0.126	0.269	0.375
Manganese	mg 0.018			0.015	0.033	0.046
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.083	0.007	11	0.071	0.151	0.210
Riboflavin	mg 0.284	0.020	9	0.241	0.517	0.719
Niacin	mg 2.666	0.359	11	2.266	4.852	6.748
Pantothenic acid	mg 0.352			0.299	0.641	0.891
Vitamin B ₆	mg 0.29			0.25	0.53	0.73
Folicin	mcg 6	1.142	11	5	12	16
Vitamin B ₁₂	mcg 2.47	0.321	11	2.10	4.49	6.24
Vitamin A	{ RE --			--	--	--
	{ IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 6.22			5.29	11.32	15.74
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.01	0.000	8	0.01	0.02	0.02
12:0	g 0.01	0.001	8	0.01	0.02	0.03
14:0	g 0.45	0.041	8	0.38	0.82	1.14
16:0	g 3.46	0.095	8	2.94	6.30	8.75
18:0	g 1.99	0.146	8	1.69	3.62	5.03
Monounsaturated, total	g 6.82			5.80	12.42	17.27
16:1	g 0.53	0.035	8	0.45	0.96	1.34
18:1	g 6.04	0.108	8	5.13	10.98	15.27
20:1	g 0.01	0.007	8	0.01	0.02	0.03
22:1	g					
Polyunsaturated, total	g 0.52			0.44	0.94	1.31
18:2	g 0.41	0.041	8	0.35	0.75	1.05
18:3	g 0.04	0.007	8	0.03	0.07	0.10
18:4	g					
20:4	g 0.05	0.010	8	0.04	0.08	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 106	1.958	8	90	192	267
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.348			0.296	0.633	0.881
Threonine	g 1.357			1.153	2.470	3.435
Isoleucine	g 1.396			1.187	2.541	3.533
Leucine	g 2.455			2.087	4.468	6.214
Lysine	g 2.584			2.196	4.703	6.540
Methionine	g 0.795			0.676	1.447	2.012
Cystine	g 0.348			0.296	0.633	0.881
Phenylalanine	g 1.212			1.030	2.206	3.068
Tyrosine	g 1.043			0.887	1.898	2.640
Valine	g 1.511			1.284	2.750	3.824
Arginine	g 1.963			1.669	3.573	4.968
Histidine	g 1.063			0.904	1.935	2.690
Alanine	g 1.873			1.592	3.409	4.741
Aspartic acid	g 2.837			2.411	5.163	7.180
Glutamic acid	g 4.666			3.966	8.492	11.810
Glycine	g 1.694			1.440	3.083	4.288
Proline	g 1.371			1.165	2.495	3.470
Serine	g 1.188			1.010	2.162	3.007

¹ Standard error of estimate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%, separable fat 19%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	70.37		319.18	19.95	190.55
Food energy	{ kcal . .	168		761	48	454
	{ kJ . . .	702		3,184	199	1,901
Protein (N X 6.25)	g . . .	19.25		87.32	5.46	52.13
Total lipid (fat)	g . . .	9.48		43.02	2.69	25.68
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.95		4.30	0.27	2.57
MINERALS:						
Calcium	mg . . .	10		45	3	27
Iron	mg . . .	2.34		10.60	0.66	6.33
Magnesium	mg . . .	20		92	6	55
Phosphorus	mg . . .	184		835	52	499
Potassium	mg . . .	319		1,445	90	863
Sodium	mg . . .	77		349	22	208
Zinc	mg . . .	5.91		26.82	1.68	16.01
Copper	mg . . .	0.082		0.372	0.023	0.222
Manganese	mg . . .	0.014		0.064	0.004	0.038
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.108		0.490	0.031	0.292
Riboflavin	mg . . .	0.190		0.862	0.054	0.515
Niacin	mg . . .	2.359		10.700	0.669	6.388
Pantothenic acid	mg . . .	0.323		1.465	0.092	0.875
Vitamin B ₆	mg . . .	0.40		1.81	0.11	1.08
Folic acid	mcg . . .	6		28	2	16
Vitamin B ₁₂	mcg . . .	3.85		17.45	1.09	10.42
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.74		16.98	1.06	10.14
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.02	0.00	0.01
12:0	g . . .	0.01		0.02	0.00	0.01
14:0	g . . .	0.26		1.17	0.07	0.70
16:0	g . . .	2.12		9.62	0.60	5.74
18:0	g . . .	1.18		5.33	0.33	3.18
Monounsaturated, total	g . . .	4.41		20.01	1.25	11.95
16:1	g . . .	0.35		1.58	0.10	0.94
18:1	g . . .	3.86		17.51	1.09	10.46
20:1	g . . .	0.01		0.05	0.00	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.35		1.59	0.10	0.95
18:2	g . . .	0.29		1.31	0.08	0.78
18:3	g . . .	0.02		0.07	0.00	0.04
18:4	g . . .					
20:4	g . . .	0.04		0.17	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	65		293	18	175
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.216		0.980	0.061	0.585
Threonine	g . . .	0.841		3.815	0.238	2.277
Isoleucine	g . . .	0.865		3.924	0.245	2.342
Leucine	g . . .	1.522		6.904	0.431	4.122
Lysine	g . . .	1.602		7.267	0.454	4.338
Methionine	g . . .	0.493		2.236	0.140	1.335
Cystine	g . . .	0.216		0.980	0.061	0.585
Phenylalanine	g . . .	0.752		3.411	0.213	2.036
Tyrosine	g . . .	0.647		2.935	0.183	1.752
Valine	g . . .	0.936		4.246	0.265	2.535
Arginine	g . . .	1.217		5.520	0.345	3.296
Histidine	g . . .	0.659		2.989	0.187	1.785
Alanine	g . . .	1.161		5.266	0.329	3.144
Aspartic acid	g . . .	1.759		7.979	0.499	4.763
Glutamic acid	g . . .	2.892		13.118	0.820	7.832
Glycine	g . . .	1.050		4.763	0.298	2.843
Proline	g . . .	0.850		3.856	0.241	2.302
Serine	g . . .	0.736		3.338	0.209	1.993

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Choice, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 22%, separable fat 22%	
				3 oz	1 lb raw AP		
				= 85 g	yields 183 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	52.40		44.54	95.88	133.08	
Food energy	{ kcal	275		234	503	699	
	{ kJ	1,151		978	2,106	2,923	
Protein (N X6.25)	g	31.06		26.40	56.83	78.88	
Total lipid (fat)	g	15.80		13.43	28.90	40.12	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	0.99		0.84	1.82	2.52	
MINERALS:							
Calcium	mg	13		11	23	32	
Iron	mg	3.68		3.13	6.74	9.36	
Magnesium	mg	23		19	41	57	
Phosphorus	mg	235		200	430	596	
Potassium	mg	263		223	481	667	
Sodium	mg	71		60	130	181	
Zinc	mg	10.27		8.73	18.79	26.08	
Copper	mg	0.148		0.126	0.271	0.376	
Manganese	mg	0.018		0.015	0.033	0.046	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.083		0.071	0.152	0.211	
Riboflavin	mg	0.284		0.241	0.520	0.721	
Niacin	mg	2.666		2.266	4.879	6.772	
Pantothenic acid	mg	0.352		0.299	0.644	0.894	
Vitamin B ₆	mg	0.29		0.25	0.53	0.74	
Folic acid	mcg	6		5	12	16	
Vitamin B ₁₂	mcg	2.47		2.10	4.51	6.26	
Vitamin A	{ RE	--		--	--	--	
	{ IU	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.44		5.47	11.78	16.35	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.01	0.02	0.02	
12:0	g	0.01		0.01	0.02	0.03	
14:0	g	0.46		0.39	0.85	1.18	
16:0	g	3.58		3.04	6.55	9.10	
18:0	g	2.06		1.75	3.77	5.23	
Monounsaturated, total	g	7.06		6.00	12.93	17.94	
16:1	g	0.55		0.46	1.00	1.39	
18:1	g	6.25		5.31	11.43	15.87	
20:1	g	0.01		0.01	0.03	0.04	
22:1	g						
Polyunsaturated, total	g	0.53		0.45	0.98	1.36	
18:2	g	0.43		0.36	0.78	1.09	
18:3	g	0.04		0.03	0.07	0.10	
18:4	g						
20:4	g	0.05		0.04	0.09	0.12	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	106		90	193	268	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.348		0.296	0.637	0.884	
Threonine	g	1.357		1.153	2.483	3.447	
Isoleucine	g	1.396		1.187	2.555	3.546	
Leucine	g	2.455		2.087	4.493	6.236	
Lysine	g	2.584		2.196	4.729	6.563	
Methionine	g	0.795		0.676	1.455	2.019	
Cystine	g	0.348		0.296	0.637	0.884	
Phenylalanine	g	1.212		1.030	2.218	3.078	
Tyrosine	g	1.043		0.887	1.909	2.649	
Valine	g	1.511		1.284	2.765	3.838	
Arginine	g	1.963		1.669	3.592	4.986	
Histidine	g	1.063		0.904	1.945	2.700	
Alanine	g	1.873		1.592	3.428	4.757	
Aspartic acid	g	2.837		2.411	5.192	7.206	
Glutamic acid	g	4.666		3.966	8.539	11.852	
Glycine	g	1.694		1.440	3.100	4.303	
Proline	g	1.371		1.165	2.509	3.482	
Serine	g	1.188		1.010	2.174	3.018	

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	1 lb	Refuse: Bone 24%, separable fat 16%
				= 453.6 g	= 28.35 g	16%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	71.81		325.73	20.36	197.41
Food energy	{ kcal . . . kJ . . .	152 636		690 2,885	43 180	418 1,749
Protein (N X 6.25)	g	19.25		87.32	5.46	52.92
Total lipid (fat)	g	7.74		35.11	2.19	21.28
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.95		4.30	0.27	2.61
MINERALS:						
Calcium	mg	10		45	3	27
Iron	mg	2.34		10.60	0.66	6.42
Magnesium	mg	20		92	6	56
Phosphorus	mg	184		835	52	506
Potassium	mg	319		1,445	90	876
Sodium	mg	77		349	22	211
Zinc	mg	5.91		26.82	1.68	16.25
Copper	mg	0.082		0.372	0.023	0.225
Manganese	mg	0.014		0.064	0.004	0.038
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.108		0.490	0.031	0.297
Riboflavin	mg	0.190		0.862	0.054	0.522
Niacin	mg	2.359		10.700	0.669	6.485
Pantothenic acid	mg	0.323		1.465	0.092	0.888
Vitamin B ₆	mg	0.40		1.81	0.11	1.10
Folic acid	mcg	6		28	2	17
Vitamin B ₁₂	mcg	3.85		17.45	1.09	10.58
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.06		13.86	0.87	8.40
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.01	0.00	0.01
12:0	g	0.00		0.02	0.00	0.01
14:0	g	0.21		0.95	0.06	0.58
16:0	g	1.73		7.85	0.49	4.76
18:0	g	0.96		4.35	0.27	2.64
Monounsaturated, total	g	3.60		16.33	1.02	9.90
16:1	g	0.28		1.29	0.08	0.78
18:1	g	3.15		14.29	0.89	8.66
20:1	g	0.01		0.05	0.00	0.03
22:1	g					
Polyunsaturated, total	g	0.29		1.30	0.08	0.79
18:2	g	0.24		1.07	0.07	0.65
18:3	g	0.01		0.06	0.00	0.04
18:4	g					
20:4	g	0.03		0.14	0.01	0.08
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65		293	18	177
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.216		0.980	0.061	0.594
Threonine	g	0.841		3.815	0.238	2.312
Isoleucine	g	0.865		3.924	0.245	2.378
Leucine	g	1.522		6.904	0.431	4.184
Lysine	g	1.602		7.267	0.454	4.404
Methionine	g	0.493		2.236	0.140	1.355
Cystine	g	0.216		0.980	0.061	0.594
Phenylalanine	g	0.752		3.411	0.213	2.067
Tyrosine	g	0.647		2.935	0.183	1.779
Valine	g	0.936		4.246	0.265	2.573
Arginine	g	1.217		5.520	0.345	3.346
Histidine	g	0.659		2.989	0.187	1.812
Alanine	g	1.161		5.266	0.329	3.192
Aspartic acid	g	1.759		7.979	0.499	4.835
Glutamic acid	g	2.892		13.118	0.820	7.950
Glycine	g	1.050		4.763	0.298	2.886
Proline	g	0.850		3.856	0.241	2.337
Serine	g	0.736		3.338	0.209	2.023

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Good, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 26%, separable fat 19%
				3 oz = 85 g	1 lb raw AP yields 178 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	53.50		45.47	95.22	132.24
Food energy	{ kcal . . . kJ . . .	256 1,071		218 911	456 1,907	633 2,649
Protein (N X6, 25)	g . . .	31.06		26.40	55.28	76.77
Total lipid (fat)	g . . .	13.69		11.64	24.37	33.84
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.99		0.84	1.77	2.45
MINERALS:						
Calcium	mg . . .	13		11	22	31
Iron	mg . . .	3.68		3.13	6.56	9.11
Magnesium	mg . . .	23		19	40	56
Phosphorus	mg . . .	235		200	418	580
Potassium	mg . . .	263		223	467	649
Sodium	mg . . .	71		60	127	176
Zinc	mg . . .	10.27		8.73	18.28	25.38
Copper	mg . . .	0.148		0.126	0.263	0.366
Manganese	mg . . .	0.018		0.015	0.032	0.044
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.083		0.071	0.148	0.205
Riboflavin	mg . . .	0.284		0.241	0.506	0.702
Niacin	mg . . .	2.666		2.266	4.745	6.590
Pantothenic acid	mg . . .	0.352		0.299	0.627	0.870
Vitamin B ₆	mg . . .	0.29		0.25	0.52	0.72
Folic acid	mcg . . .	6		5	11	16
Vitamin B ₁₂	mcg . . .	2.47		2.10	4.39	6.09
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.58		4.74	9.92	13.78
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.01	0.01	0.02
12:0	g . . .	0.01		0.01	0.02	0.02
14:0	g . . .	0.40		0.34	0.72	0.99
16:0	g . . .	3.10		2.64	5.52	7.67
18:0	g . . .	1.78		1.52	3.18	4.41
Monounsaturated, total	g . . .	6.12		5.20	10.89	15.12
16:1	g . . .	0.47		0.40	0.84	1.17
18:1	g . . .	5.41		4.60	9.63	13.38
20:1	g . . .	0.01		0.01	0.02	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.46		0.39	0.82	1.14
18:2	g . . .	0.37		0.31	0.66	0.91
18:3	g . . .	0.04		0.03	0.06	0.09
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.07	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	106		90	188	261
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.348		0.296	0.619	0.860
Threonine	g . . .	1.357		1.153	2.415	3.355
Isoleucine	g . . .	1.396		1.187	2.485	3.451
Leucine	g . . .	2.455		2.087	4.370	6.069
Lysine	g . . .	2.584		2.196	4.600	6.388
Methionine	g . . .	0.795		0.676	1.415	1.965
Cystine	g . . .	0.348		0.296	0.619	0.860
Phenylalanine	g . . .	1.212		1.030	2.157	2.996
Tyrosine	g . . .	1.043		0.887	1.857	2.578
Valine	g . . .	1.511		1.284	2.690	3.735
Arginine	g . . .	1.963		1.669	3.494	4.853
Histidine	g . . .	1.063		0.904	1.892	2.628
Alanine	g . . .	1.873		1.592	3.334	4.630
Aspartic acid	g . . .	2.837		2.411	5.050	7.013
Glutamic acid	g . . .	4.666		3.966	8.305	11.534
Glycine	g . . .	1.694		1.440	3.015	4.188
Proline	g . . .	1.371		1.165	2.440	3.389
Serine	g . . .	1.188		1.010	2.115	2.937

AH-8-13 (1985)
NDB No. 13063

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Prime, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 24%, separable fat 21%
				3 oz = 85 g	1 lb raw AP yields 179 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	49.92		42.43	89.35	124.29
Food energy	{ kcal	318		270	569	791
	{ kJ	1,330		1,130	2,380	3,311
Protein (N X 6.25)	g	31.06		26.40	55.59	77.33
Total lipid (fat)	g	20.53		17.45	36.76	51.13
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.99		0.84	1.78	2.47
MINERALS:						
Calcium	mg	13		11	22	31
Iron	mg	3.68		3.13	6.59	9.17
Magnesium	mg	23		19	40	56
Phosphorus	mg	235		200	420	585
Potassium	mg	263		223	470	654
Sodium	mg	71		60	127	177
Zinc	mg	10.27		8.73	18.38	25.57
Copper	mg	0.148		0.126	0.265	0.369
Manganese	mg	0.018		0.015	0.032	0.045
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.083		0.071	0.149	0.207
Riboflavin	mg	0.284		0.241	0.508	0.707
Niacin	mg	2.666		2.266	4.772	6.638
Pantothenic acid	mg	0.352		0.299	0.630	0.876
Vitamin B ₆	mg	0.29		0.25	0.52	0.72
Folic acid	mcg	6		5	11	16
Vitamin B ₁₂	mcg	2.47		2.10	4.41	6.14
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.37		7.11	14.98	20.84
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.01	0.02	0.03
12:0	g	0.01		0.01	0.03	0.03
14:0	g	0.60		0.51	1.08	1.50
16:0	g	4.65		3.96	8.33	11.59
18:0	g	2.68		2.28	4.79	6.67
Monounsaturated, total	g	9.18		7.80	16.43	22.86
16:1	g	0.71		0.60	1.27	1.77
18:1	g	8.12		6.90	14.53	20.22
20:1	g	0.02		0.02	0.03	0.04
22:1	g					
Polyunsaturated, total	g	0.69		0.59	1.24	1.73
18:2	g	0.56		0.47	1.00	1.38
18:3	g	0.05		0.04	0.09	0.13
18:4	g					
20:4	g	0.06		0.05	0.11	0.15
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	106		90	189	263
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.348		0.296	0.623	0.867
Threonine	g	1.357		1.153	2.429	3.379
Isoleucine	g	1.396		1.187	2.499	3.476
Leucine	g	2.455		2.087	4.394	6.113
Lysine	g	2.584		2.196	4.625	6.434
Methionine	g	0.795		0.676	1.423	1.980
Cystine	g	0.348		0.296	0.623	0.867
Phenylalanine	g	1.212		1.030	2.169	3.018
Tyrosine	g	1.043		0.887	1.867	2.597
Valine	g	1.511		1.284	2.705	3.762
Arginine	g	1.963		1.669	3.514	4.888
Histidine	g	1.063		0.904	1.903	2.647
Alanine	g	1.873		1.592	3.353	4.664
Aspartic acid	g	2.837		2.411	5.078	7.064
Glutamic acid	g	4.666		3.966	8.352	11.618
Glycine	g	1.694		1.440	3.032	4.218
Proline	g	1.371		1.165	2.454	3.414
Serine	g	1.188		1.010	2.127	2.958

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	67.95		308.23	19.26	308.23
Food energy	{ kcal	196		888	55	888
	{ kJ	819		3,715	232	3,715
Protein (N X6 .25)	g	19.28		87.44	5.46	87.44
Total lipid (fat)	g	12.58		57.04	3.57	57.04
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.46		6.64	0.42	6.64
MINERALS:						
Calcium	mg	5		22	1	22
Iron	mg	1.96		8.90	0.56	8.90
Magnesium	mg	20		93	6	93
Phosphorus	mg	190		864	54	864
Potassium	mg	349		1,585	99	1,585
Sodium	mg	71		321	20	321
Zinc	mg	3.46		15.71	0.98	15.71
Copper	mg	0.072		0.327	0.020	0.327
Manganese	mg	0.014		0.064	0.004	0.064
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.110		0.499	0.031	0.499
Riboflavin	mg	0.150		0.680	0.043	0.680
Niacin	mg	4.548		20.630	1.289	20.630
Pantothenic acid	mg	0.322		1.461	0.091	1.461
Vitamin B ₆	mg	0.41		1.87	0.12	1.87
Folic acid	mcg	7		32	2	32
Vitamin B ₁₂	mcg	2.96		13.44	0.84	13.44
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	5.66		25.65	1.60	25.65
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.10	0.01	0.10
12:0	g	0.02		0.08	0.01	0.08
14:0	g	0.38		1.71	0.11	1.71
16:0	g	3.30		14.96	0.94	14.96
18:0	g	1.50		6.82	0.43	6.82
Monounsaturated, total	g	5.77		26.19	1.64	26.19
16:1	g	0.50		2.28	0.14	2.28
18:1	g	4.59		20.82	1.30	20.82
20:1	g	0.02		0.08	0.00	0.08
22:1	g					
Polyunsaturated, total	g	0.48		2.17	0.14	2.17
18:2	g	0.29		1.32	0.08	1.32
18:3	g	0.14		0.65	0.04	0.65
18:4	g					
20:4	g	0.04		0.20	0.01	0.20
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	52		238	15	238
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.216		0.980	0.061	0.980
Threonine	g	0.842		3.819	0.239	3.819
Isoleucine	g	0.866		3.928	0.246	3.928
Leucine	g	1.523		6.908	0.432	6.908
Lysine	g	1.603		7.271	0.454	7.271
Methionine	g	0.493		2.236	0.140	2.236
Cystine	g	0.216		0.980	0.061	0.980
Phenylalanine	g	0.752		3.411	0.213	3.411
Tyrosine	g	0.647		2.935	0.183	2.935
Valine	g	0.937		4.250	0.266	4.250
Arginine	g	1.218		5.525	0.345	5.525
Histidine	g	0.660		2.994	0.187	2.994
Alanine	g	1.162		5.271	0.329	5.271
Aspartic acid	g	1.760		7.983	0.499	7.983
Glutamic acid	g	2.895		13.132	0.821	13.132
Glycine	g	1.051		4.767	0.298	4.767
Proline	g	0.851		3.860	0.241	3.860
Serine	g	0.737		3.343	0.209	3.343

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 268 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	56.15		47.72	150.47	254.68
Food energy	{ kcal kJ	257 1,075		218 914	689 2,882	1,166 4,878
Protein (N X6.25)	g	27.52		23.39	73.74	124.81
Total lipid (fat)	g	15.47		13.15	41.46	70.18
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	2.09		1.78	5.60	9.48
MINERALS:						
Calcium	mg	7		6	18	30
Iron	mg	3.40		2.89	9.11	15.41
Magnesium	mg	23		20	63	106
Phosphorus	mg	261		222	701	1,186
Potassium	mg	344		293	922	1,561
Sodium	mg	71		61	191	324
Zinc	mg	5.92		5.03	15.85	26.83
Copper	mg	0.123		0.105	0.330	0.558
Manganese	mg	0.019		0.016	0.051	0.086
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.139		0.118	0.373	0.631
Riboflavin	mg	0.183		0.156	0.490	0.830
Niacin	mg	4.511		3.834	12.089	20.462
Pantothenic acid	mg	0.377		0.320	1.010	1.710
Vitamin B ₆	mg	0.35		0.30	0.95	1.61
Folacin	mcg	9		7	23	39
Vitamin B ₁₂	mcg	3.36		2.85	8.99	15.22
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.63		5.63	17.76	30.06
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.02	0.05	0.08
12:0	g	0.02		0.01	0.04	0.07
14:0	g	0.50		0.43	1.35	2.29
16:0	g	3.85		3.27	10.32	17.46
18:0	g	2.01		1.71	5.38	9.10
Monounsaturated, total	g	7.16		6.09	19.20	32.50
16:1	g	0.59		0.50	1.57	2.66
18:1	g	5.83		4.96	15.62	26.44
20:1	g	0.01		0.01	0.03	0.05
22:1	g					
Polyunsaturated, total	g	0.49		0.41	1.31	2.21
18:2	g	0.34		0.29	0.91	1.55
18:3	g	0.12		0.11	0.33	0.56
20:4	g					
20:5	g	0.02		0.02	0.06	0.10
22:5	g					
22:6	g					
Cholesterol	mg	72		61	193	326
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.308		0.262	0.825	1.397
Threonine	g	1.202		1.022	3.221	5.452
Isoleucine	g	1.237		1.051	3.315	5.611
Leucine	g	2.175		1.849	5.829	9.866
Lysine	g	2.289		1.946	6.135	10.383
Methionine	g	0.704		0.598	1.887	3.193
Cystine	g	0.308		0.262	0.825	1.397
Phenylalanine	g	1.074		0.913	2.878	4.872
Tyrosine	g	0.924		0.785	2.476	4.191
Valine	g	1.338		1.137	3.586	6.069
Arginine	g	1.739		1.478	4.661	7.888
Histidine	g	0.942		0.801	2.525	4.273
Alanine	g	1.660		1.411	4.449	7.530
Aspartic acid	g	2.514		2.137	6.738	11.404
Glutamic acid	g	4.133		3.513	11.076	18.747
Glycine	g	1.501		1.276	4.023	6.809
Proline	g	1.215		1.033	3.256	5.511
Serine	g	1.052		0.894	2.819	4.772

BEEF, FLANK, SEPARABLE LEAN AND FAT, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz	1 lb raw AP	
				= 85 g	yields 340 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	56.90		48.36	193.44	258.08
Food energy	{ kcal kJ	254		216	863	1,152
		1,063		903	3,614	4,820
Protein (N X 6.25)	g . . .	25.05		21.29	85.15	113.60
Total lipid (fat)	g . . .	16.30		13.85	55.41	73.93
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.71		1.45	5.81	7.75
MINERALS:						
Calcium	mg . . .	6		5	21	29
Iron	mg . . .	2.50		2.12	8.49	11.33
Magnesium	mg . . .	24		21	82	110
Phosphorus	mg . . .	215		182	729	973
Potassium	mg . . .	398		338	1,353	1,805
Sodium	mg . . .	82		70	278	371
Zinc	mg . . .	4.71		4.01	16.02	21.37
Copper	mg . . .	0.098		0.083	0.333	0.445
Manganese	mg . . .	0.020		0.017	0.068	0.091
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.108		0.092	0.367	0.490
Riboflavin	mg . . .	0.187		0.159	0.635	0.848
Niacin	mg . . .	4.819		4.096	16.384	21.859
Pantothenic acid	mg . . .	0.435		0.370	1.479	1.973
Vitamin B ₆	mg . . .	0.42		0.35	1.41	1.88
Folacin	mcg . . .	8		7	27	37
Vitamin B ₁₂	mcg . . .	3.02		2.57	10.26	13.69
Vitamin A	{ RE IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.95		5.91	23.64	31.54
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.02	0.06	0.08
12:0	g . . .	0.02		0.01	0.05	0.07
14:0	g . . .	0.53		0.45	1.79	2.40
16:0	g . . .	4.04		3.43	13.72	18.31
18:0	g . . .	2.11		1.80	7.18	9.59
Monounsaturated, total	g . . .	7.48		6.36	25.42	33.92
16:1	g . . .	0.61		0.52	2.07	2.77
18:1	g . . .	6.11		5.20	20.78	27.72
20:1	g . . .	0.01		0.01	0.03	0.05
22:1	g . . .					
Polyunsaturated, total	g . . .	0.51		0.43	1.72	2.30
18:2	g . . .	0.36		0.30	1.21	1.62
18:3	g . . .	0.13		0.11	0.42	0.57
18:4	g . . .					
20:4	g . . .	0.03		0.02	0.08	0.11
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	71		60	241	322
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.280		0.238	0.952	1.270
Threonine	g . . .	1.094		0.930	3.719	4.962
Isoleucine	g . . .	1.126		0.957	3.828	5.108
Leucine	g . . .	1.979		1.682	6.728	8.977
Lysine	g . . .	2.084		1.771	7.085	9.453
Methionine	g . . .	0.641		0.545	2.179	2.908
Cystine	g . . .	0.280		0.238	0.952	1.270
Phenylalanine	g . . .	0.978		0.831	3.325	4.436
Tyrosine	g . . .	0.841		0.715	2.859	3.815
Valine	g . . .	1.218		1.035	4.141	5.525
Arginine	g . . .	1.583		1.346	5.382	7.180
Histidine	g . . .	0.857		0.728	2.913	3.887
Alanine	g . . .	1.511		1.284	5.137	6.854
Aspartic acid	g . . .	2.288		1.945	7.779	10.378
Glutamic acid	g . . .	3.763		3.199	12.794	17.069
Glycine	g . . .	1.366		1.161	4.644	6.196
Proline	g . . .	1.106		0.940	3.760	5.017
Serine	g . . .	0.958		0.814	3.257	4.345

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Separable fat 5%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	70.57	1.690	11	320.11	20.01	304.09
Food energy { kcal . .	169			769	48	730
{ kJ . .	709			3,217	201	3,056
Protein (N X6, 25) g . . .	19.88	0.640	11	90.19	5.64	85.68
Total lipid (fat) g . . .	9.38	0.657	23	42.53	2.66	40.41
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.53	0.098	7	6.94	0.43	6.59
MINERALS:						
Calcium mg . . .	5			21	1	20
Iron mg . . .	2.03			9.20	0.58	8.74
Magnesium mg . . .	21			97	6	92
Phosphorus mg . . .	197			894	56	850
Potassium mg . . .	365		1	1,656	103	1,573
Sodium mg . . .	73		1	331	21	315
Zinc mg . . .	3.60		1	16.33	1.02	15.51
Copper mg . . .	0.074			0.336	0.021	0.319
Manganese mg . . .	0.014			0.064	0.004	0.060
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.114	0.009	7	0.517	0.032	0.491
Riboflavin mg . . .	0.155	0.012	7	0.703	0.044	0.668
Niacin mg . . .	4.720	0.259	7	21.410	1.338	20.338
Pantothenic acid mg . . .	0.333			1.510	0.094	1.435
Vitamin B ₆ mg . . .	0.43	0.052	7	1.94	0.12	1.84
Folacin mcg . . .	7			33	2	31
Vitamin B ₁₂ mcg . . .	3.05			13.81	0.86	13.12
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	4.04			18.32	1.15	17.40
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.01		1	0.04	0.00	0.03
12:0 g . . .	0.01		1	0.04	0.00	0.03
14:0 g . . .	0.27	0.038	2	1.21	0.08	1.15
16:0 g . . .	2.51	0.267	2	11.38	0.71	10.81
18:0 g . . .	1.10	0.156	2	5.00	0.31	4.75
Monounsaturated, total g . . .	3.77			17.11	1.07	16.25
16:1 g . . .	0.32	0.046	2	1.44	0.09	1.37
18:1 g . . .	3.36	0.124	2	15.25	0.95	14.49
20:1 g . . .	0.01			0.05	0.00	0.05
22:1 g . . .						
Polyunsaturated, total g . . .	0.37			1.66	0.10	1.58
18:2 g . . .	0.23	0.045	2	1.03	0.06	0.98
18:3 g . . .	0.09	0.028	2	0.42	0.03	0.40
18:4 g . . .						
20:4 g . . .	0.05	0.032	2	0.21	0.01	0.20
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	50	4.873	7	227	14	215
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.223			1.012	0.063	0.961
Threonine g . . .	0.868			3.937	0.246	3.740
Isoleucine g . . .	0.894			4.055	0.253	3.852
Leucine g . . .	1.571			7.126	0.445	6.769
Lysine g . . .	1.654			7.503	0.469	7.127
Methionine g . . .	0.509			2.309	0.144	2.193
Cystine g . . .	0.223			1.012	0.063	0.961
Phenylalanine g . . .	0.776			3.520	0.220	3.344
Tyrosine g . . .	0.668			3.030	0.189	2.878
Valine g . . .	0.967			4.386	0.274	4.167
Arginine g . . .	1.256			5.697	0.356	5.412
Histidine g . . .	0.681			3.089	0.193	2.934
Alanine g . . .	1.199			5.439	0.340	5.166
Aspartic acid g . . .	1.816			8.237	0.515	7.825
Glutamic acid g . . .	2.987			13.549	0.847	12.871
Glycine g . . .	1.085			4.922	0.308	4.675
Proline g . . .	0.878			3.983	0.249	3.783
Serine g . . .	0.760			3.447	0.215	3.275

BEEF, FLANK, SEPARABLE LEAN ONLY, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Separable fat
					3 oz = 85 g	1 lb raw AP yields 260 g EP	3%
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	57.27	1.809	11	48.68	148.90	252.22
Food energy	{ kcal kJ	244 1,023			208 869	635 2,659	1,076 4,504
Protein (N X6.25)	g	28.02	0.589	11	23.82	72.85	123.40
Total lipid (fat)	g	13.83	0.806	23	11.76	35.97	60.92
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.14	0.151	7	1.82	5.56	9.42
MINERALS:							
Calcium	mg	6			6	17	29
Iron	mg	3.47			2.95	9.02	15.27
Magnesium	mg	24			20	62	105
Phosphorus	mg	267			227	694	1,176
Potassium	mg	351			298	912	1,545
Sodium	mg	72			61	188	318
Zinc	mg	6.05			5.14	15.73	26.64
Copper	mg	0.124			0.105	0.322	0.546
Manganese	mg	0.019			0.016	0.049	0.084
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.143	0.006	7	0.122	0.372	0.630
Riboflavin	mg	0.186	0.020	7	0.158	0.484	0.819
Niacin	mg	4.600	0.210	7	3.910	11.960	20.258
Pantothenic acid	mg	0.384			0.326	0.998	1.691
Vitamin B6	mg	0.36	0.049	7	0.31	0.94	1.59
Folic acid	mcg	9			7	23	38
Vitamin B12	mcg	3.41			2.90	8.86	15.01
Vitamin A	{ RE IU	-- --			-- --	-- --	-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.93			5.04	15.42	26.12
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.03	0.05
12:0	g	0.01			0.01	0.03	0.04
14:0	g	0.45		1	0.38	1.17	1.98
16:0	g	3.43		1	2.92	8.93	15.12
18:0	g	1.83		1	1.56	4.76	8.07
Monounsaturated, total	g	5.83			4.96	15.16	25.68
16:1	g	0.51		1	0.43	1.33	2.25
18:1	g	5.19		1	4.41	13.50	22.87
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.42			0.36	1.10	1.87
18:2	g	0.30		1	0.26	0.79	1.33
18:3	g	0.10		1	0.08	0.25	0.43
18:4	g						
20:4	g	0.02		1	0.02	0.06	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71	8.185	6	60	185	313
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.314			0.267	0.816	1.383
Threonine	g	1.224			1.040	3.182	5.390
Isoleucine	g	1.260			1.071	3.276	5.549
Leucine	g	2.215			1.883	5.759	9.755
Lysine	g	2.331			1.981	6.061	10.266
Methionine	g	0.717			0.609	1.864	3.158
Cystine	g	0.314			0.267	0.816	1.383
Phenylalanine	g	1.094			0.930	2.844	4.818
Tyrosine	g	0.941			0.800	2.447	4.144
Valine	g	1.363			1.159	3.544	6.003
Arginine	g	1.771			1.505	4.605	7.799
Histidine	g	0.959			0.815	2.493	4.223
Alanine	g	1.690			1.437	4.394	7.443
Aspartic acid	g	2.560			2.176	6.656	11.274
Glutamic acid	g	4.210			3.579	10.946	18.541
Glycine	g	1.529			1.300	3.975	6.734
Proline	g	1.237			1.051	3.216	5.448
Serine	g	1.071			0.910	2.785	4.717

BEEF, FLANK, SEPARABLE LEAN ONLY, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Separable fat 2%	
					3 oz = 85 g	1 lb raw AP yields 332 g EP		
A		B	C	D	E	F	G	
PROXIMATE:								
Water	g	57.84			49.16	192.02		256.06
Food energy	{ kcal kJ	243 1,019			207 866	808 3,383		1,078 4,510
Protein (N X 6.25)	g	25.40			21.59	84.32		112.45
Total lipid (fat)	g	14.97			12.72	49.70		66.27
Carbohydrate, total	g	0.00			0.00	0.00		0.00
Crude fiber	g	0.00			0.00	0.00		0.00
Ash	g	1.74			1.48	5.77		7.70
MINERALS:								
Calcium	mg	6			5	20		27
Iron	mg	2.53			2.15	8.41		11.22
Magnesium	mg	25			21	81		109
Phosphorus	mg	218			185	723		965
Potassium	mg	405			344	1,344		1,792
Sodium	mg	83			70	274		367
Zinc	mg	4.79			4.07	15.91		21.22
Copper	mg	0.098			0.083	0.325		0.434
Manganese	mg	0.020			0.017	0.066		0.089
VITAMINS:								
Ascorbic acid	mg	0.0			0.0	0.0		0.0
Thiamin	mg	0.110			0.094	0.365		0.487
Riboflavin	mg	0.190			0.162	0.630		0.841
Niacin	mg	4.900			4.165	16.268		21.692
Pantothenic acid	mg	0.442			0.376	1.467		1.957
Vitamin B ₆	mg	0.42			0.36	1.40		1.87
Folic acid	mcg	8			7	27		37
Vitamin B ₁₂	mcg	3.05			2.60	10.13		13.52
Vitamin A	{ RE IU	-- --			-- --	-- --		-- --
LIPIDS:								
Fatty acids:								
Saturated, total	g	6.39			5.43	21.20		28.28
4:0	g							
6:0	g							
8:0	g							
10:0	g	0.01			0.01	0.03		0.05
12:0	g	0.01			0.01	0.03		0.05
14:0	g	0.48			0.41	1.60		2.14
16:0	g	3.70			3.14	12.28		16.38
18:0	g	1.97			1.68	6.55		8.73
Monounsaturated, total	g	6.28			5.34	20.85		27.81
16:1	g	0.55			0.47	1.82		2.43
18:1	g	5.60			4.76	18.57		24.77
20:1	g	0.01			0.01	0.02		0.04
22:1	g							
Polyunsaturated, total	g	0.46			0.39	1.51		2.02
18:2	g	0.33			0.28	1.08		1.44
18:3	g	0.10			0.09	0.34		0.46
18:4	g							
20:4	g	0.03			0.02	0.08		0.12
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	70			60	233		312
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	0.284			0.241	0.942		1.257
Threonine	g	1.109			0.943	3.681		4.910
Isoleucine	g	1.142			0.971	3.791		5.056
Leucine	g	2.008			1.707	6.666		8.889
Lysine	g	2.113			1.796	7.015		9.354
Methionine	g	0.650			0.553	2.158		2.878
Cystine	g	0.284			0.241	0.942		1.257
Phenylalanine	g	0.992			0.843	3.293		4.392
Tyrosine	g	0.853			0.725	2.831		3.776
Valine	g	1.235			1.050	4.100		5.467
Arginine	g	1.605			1.364	5.328		7.105
Histidine	g	0.870			0.740	2.888		3.851
Alanine	g	1.532			1.302	5.086		6.782
Aspartic acid	g	2.321			1.973	7.705		10.275
Glutamic acid	g	3.816			3.244	12.669		16.893
Glycine	g	1.386			1.178	4.601		6.136
Proline	g	1.122			0.954	3.725		4.967
Serine	g	0.971			0.825	3.223		4.299

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	53.64		243.29	15.21	202.90
Food energy	$\left\{ \begin{array}{l} kcal . . . \\ kJ . . . \end{array} \right.$	$\left\{ \begin{array}{l} 331 \\ 1,386 \end{array} \right.$		$\left\{ \begin{array}{l} 1,503 \\ 6,288 \end{array} \right.$	$\left\{ \begin{array}{l} 94 \\ 393 \end{array} \right.$	$\left\{ \begin{array}{l} 1,253 \\ 5,244 \end{array} \right.$
Protein (N X 6.25)	g . . .	16.04		72.77	4.55	60.69
Total lipid (fat)	g . . .	29.14		132.16	8.26	110.22
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.75		3.40	0.21	2.84
MINERALS:						
Calcium	mg . . .	9		39	2	33
Iron	mg . . .	1.68		7.63	0.48	6.37
Magnesium	mg . . .	16		71	4	59
Phosphorus	mg . . .	151		685	43	571
Potassium	mg . . .	260		1,180	74	984
Sodium	mg . . .	53		241	15	201
Zinc	mg . . .	3.56		16.15	1.01	13.47
Copper	mg . . .	0.057		0.259	0.016	0.216
Manganese	mg . . .	0.012		0.054	0.003	0.045
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.077		0.349	0.022	0.291
Riboflavin	mg . . .	0.127		0.576	0.036	0.480
Niacin	mg . . .	2.729		12.379	0.774	10.324
Pantothenic acid	mg . . .	0.299		1.356	0.085	1.131
Vitamin B ₆	mg . . .	0.31		1.39	0.09	1.16
Folacin	mcg . . .	5		22	1	19
Vitamin B ₁₂	mcg . . .	2.74		12.45	0.78	10.38
Vitamin A	$\left\{ \begin{array}{l} RE . . . \\ IU . . . \end{array} \right.$	$\left\{ \begin{array}{l} -- \\ -- \end{array} \right.$		$\left\{ \begin{array}{l} -- \\ -- \end{array} \right.$	$\left\{ \begin{array}{l} -- \\ -- \end{array} \right.$	$\left\{ \begin{array}{l} -- \\ -- \end{array} \right.$
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	12.66		57.42	3.59	47.89
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.10		0.47	0.03	0.39
12:0	g . . .	0.07		0.33	0.02	0.27
14:0	g . . .	0.96		4.35	0.27	3.63
16:0	g . . .	7.22		32.75	2.05	27.32
18:0	g . . .	3.66		16.60	1.04	13.85
Monounsaturated, total	g . . .	13.14		59.62	3.73	49.72
16:1	g . . .	1.49		6.75	0.42	5.63
18:1	g . . .	11.03		50.04	3.13	41.73
20:1	g . . .	0.04		0.20	0.01	0.16
22:1	g . . .					
Polyunsaturated, total	g . . .	1.06		4.82	0.30	4.02
18:2	g . . .	0.67		3.02	0.19	2.52
18:3	g . . .	0.37		1.66	0.10	1.38
18:4	g . . .					
20:4	g . . .	0.02		0.09	0.01	0.08
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	72		326	20	272
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.180		0.816	0.051	0.681
Threonine	g . . .	0.701		3.180	0.199	2.652
Isoleucine	g . . .	0.721		3.270	0.204	2.728
Leucine	g . . .	1.268		5.752	0.359	4.797
Lysine	g . . .	1.334		6.051	0.378	5.047
Methionine	g . . .	0.411		1.864	0.117	1.555

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%
				3 oz = 85 g	1 lb raw AP yields 287 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	47.41		40.30	136.06	172.47
Food energy	{ kcal kJ	362 1,514		308 1,287	1,039 4,345	1,317 5,508
Protein (N X6.25)	g	21.47		18.25	61.63	78.12
Total lipid (fat)	g	29.95		25.46	85.97	108.97
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.94		0.80	2.69	3.41
MINERALS:						
Calcium	mg	11		10	33	42
Iron	mg	2.08		1.77	5.98	7.57
Magnesium	mg	20		17	56	72
Phosphorus	mg	165		140	473	600
Potassium	mg	302		257	868	1,100
Sodium	mg	61		52	175	221
Zinc	mg	5.03		4.27	14.42	18.28
Copper	mg	0.092		0.078	0.264	0.335
Manganese	mg	0.013		0.011	0.037	0.047
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.076		0.065	0.218	0.276
Riboflavin	mg	0.172		0.146	0.494	0.626
Niacin	mg	3.118		2.650	8.949	11.343
Pantothenic acid	mg	0.312		0.265	0.895	1.135
Vitamin B ₆	mg	0.29		0.25	0.83	1.06
Folacin	mcg	6		5	18	22
Vitamin B ₁₂	mcg	2.79		2.37	8.01	10.15
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.70		10.80	36.45	46.20
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.09		0.07	0.24	0.31
12:0	g	0.08		0.07	0.23	0.29
14:0	g	0.98		0.84	2.82	3.58
16:0	g	7.45		6.33	21.38	27.10
18:0	g	3.55		3.02	10.20	12.93
Monounsaturated, total	g	13.45		11.44	38.61	48.95
16:1	g	1.25		1.06	3.58	4.54
18:1	g	11.59		9.85	33.27	42.17
20:1	g	0.06		0.05	0.16	0.20
22:1	g					
Polyunsaturated, total	g	1.06		0.90	3.05	3.86
18:2	g	0.70		0.59	2.01	2.54
18:3	g	0.33		0.28	0.94	1.19
18:4	g					
20:4	g	0.03		0.02	0.07	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	86		73	245	311
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.240		0.204	0.689	0.873
Threonine	g	0.885		0.752	2.540	3.220
Isoleucine	g	0.884		0.751	2.537	3.216
Leucine	g	1.625		1.381	4.664	5.912
Lysine	g	1.678		1.426	4.816	6.105
Methionine	g	0.510		0.434	1.464	1.855
Cystine	g	0.240		0.204	0.689	0.873
Phenylalanine	g	0.823		0.700	2.362	2.994
Tyrosine	g	0.678		0.576	1.946	2.467
Valine	g	1.005		0.854	2.884	3.656
Arginine	g	1.356		1.153	3.892	4.933
Histidine	g	0.672		0.571	1.929	2.445
Alanine	g	1.392		1.183	3.995	5.064
Aspartic acid	g	1.894		1.610	5.436	6.890
Glutamic acid	g	3.162		2.688	9.075	11.503
Glycine	g	1.529		1.300	4.388	5.563
Proline	g	0.948		0.806	2.721	3.449
Serine	g	0.824		0.700	2.365	2.998

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, All grades, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20% g EP
				3 oz = 85 g	1 lb raw AP yields 274 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	45.21		38.43	123.86	163.25
Food energy	{ kcal kJ	381 1,593		324 1,354	1,042 4,364	1,374 5,751
Protein (N X 6.25)	g	21.92		18.63	60.06	79.16
Total lipid (fat)	g	31.82		27.05	87.18	114.90
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.88		0.75	2.41	3.18
MINERALS:						
Calcium	mg	11		10	30	41
Iron	mg	2.11		1.80	5.78	7.63
Magnesium	mg	19		16	51	68
Phosphorus	mg	169		144	463	611
Potassium	mg	294		250	805	1,062
Sodium	mg	63		54	173	229
Zinc	mg	5.17		4.40	14.17	18.68
Copper	mg	0.095		0.081	0.260	0.343
Manganese	mg	0.013		0.011	0.035	0.047
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.066		0.056	0.180	0.238
Riboflavin	mg	0.172		0.146	0.471	0.621
Niacin	mg	3.297		2.802	9.033	11.905
Pantothenic acid	mg	0.350		0.298	0.959	1.264
Vitamin B ₆	mg	0.25		0.21	0.68	0.91
Folacin	mcg	7		6	18	24
Vitamin B ₁₂	mcg	2.51		2.13	6.86	9.05
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	13.44		11.42	36.85	48.53
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.09		0.08	0.24	0.33
12:0	g	0.09		0.07	0.23	0.31
14:0	g	1.04		0.89	2.85	3.76
16:0	g	7.89		6.70	21.61	28.48
18:0	g	3.75		3.19	10.27	13.54
Monounsaturated, total	g	14.24		12.11	39.02	51.43
16:1	g	1.32		1.12	3.62	4.78
18:1	g	12.27		10.43	33.61	44.30
20:1	g	0.06		0.05	0.16	0.22
22:1	g					
Polyunsaturated, total	g	1.13		0.96	3.10	4.09
18:2	g	0.74		0.63	2.02	2.67
18:3	g	0.35		0.30	0.96	1.27
18:4	g					
20:4	g	0.03		0.02	0.07	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	85		72	233	308
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.245		0.208	0.671	0.885
Threonine	g	0.957		0.813	2.622	3.456
Isoleucine	g	0.985		0.837	2.698	3.557
Leucine	g	1.732		1.472	4.745	6.254
Lysine	g	1.824		1.550	4.997	6.586
Methionine	g	0.561		0.477	1.537	2.026
Cystine	g	0.245		0.208	0.671	0.885
Phenylalanine	g	0.856		0.728	2.345	3.091
Tyrosine	g	0.736		0.626	2.016	2.658
Valine	g	1.066		0.906	2.920	3.849
Arginine	g	1.385		1.177	3.794	5.001
Histidine	g	0.750		0.638	2.055	2.708
Alanine	g	1.322		1.124	3.622	4.774
Aspartic acid	g	2.002		1.702	5.485	7.229
Glutamic acid	g	3.293		2.799	9.022	11.891
Glycine	g	1.196		1.017	3.277	4.319
Proline	g	0.968		0.823	2.652	3.495
Serine	g	0.838		0.712	2.296	3.026

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 16%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	53.04		240.58	15.04	201.12
Food energy	{ kcal kJ	338 1,412		1,531 6,407	96 400	1,280 5,356
Protein (N X6.25)	g	15.96		72.40	4.52	60.52
Total lipid (fat)	g	29.87		135.49	8.47	113.27
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.75		3.38	0.21	2.83
MINERALS:						
Calcium	mg	9		39	2	33
Iron	mg	1.67		7.59	0.47	6.35
Magnesium	mg	15		70	4	58
Phosphorus	mg	150		681	43	569
Potassium	mg	258		1,171	73	979
Sodium	mg	53		240	15	201
Zinc	mg	3.53		16.03	1.00	13.40
Copper	mg	0.057		0.259	0.016	0.216
Manganese	mg	0.011		0.050	0.003	0.042
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.076		0.345	0.022	0.288
Riboflavin	mg	0.127		0.576	0.036	0.482
Niacin	mg	2.716		12.320	0.770	10.299
Pantothenic acid	mg	0.297		1.347	0.084	1.126
Vitamin B ₆	mg	0.31		1.38	0.09	1.16
Folacin	mcg	5		22	1	19
Vitamin B ₁₂	mcg	2.73		12.38	0.77	10.35
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	13.01		59.03	3.69	49.35
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.11		0.48	0.03	0.40
12:0	g	0.07		0.34	0.02	0.28
14:0	g	0.99		4.47	0.28	3.74
16:0	g	7.42		33.67	2.10	28.15
18:0	g	3.77		17.08	1.07	14.28
Monounsaturated, total	g	13.51		61.28	3.83	51.23
16:1	g	1.53		6.93	0.43	5.79
18:1	g	11.34		51.44	3.22	43.01
20:1	g	0.04		0.20	0.01	0.17
22:1	g					
Polyunsaturated, total	g	1.10		4.97	0.31	4.15
18:2	g	0.69		3.11	0.19	2.60
18:3	g	0.37		1.70	0.11	1.42
20:4	g					
20:5	g	0.02		0.10	0.01	0.08
22:5	g					
22:6	g					
Cholesterol	mg	72		328	20	274
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.179		0.812	0.051	0.679
Threonine	g	0.697		3.162	0.198	2.643
Isoleucine	g	0.717		3.252	0.203	2.719
Leucine	g	1.261		5.720	0.357	4.782
Lysine	g	1.328		6.024	0.376	5.036
Methionine	g	0.408		1.851	0.116	1.547
Cystine	g	0.179		0.812	0.051	0.679
Phenylalanine	g	0.623		2.826	0.177	2.362
Tyrosine	g	0.536		2.431	0.152	2.033
Valine	g	0.776		3.520	0.220	2.943
Arginine	g	1.008		4.572	0.286	3.822
Histidine	g	0.546		2.477	0.155	2.070
Alanine	g	0.962		4.364	0.273	3.648
Aspartic acid	g	1.458		6.613	0.413	5.529
Glutamic acid	g	2.397		10.873	0.680	9.089
Glycine	g	0.871		3.951	0.247	3.303
Proline	g	0.705		3.198	0.200	2.673
Serine	g	0.610		2.767	0.173	2.313

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%
				3 oz = 85 g	1 lb raw AP yields 288 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	46.80		39.78	134.78	170.86
Food energy	{ kcal kJ	368 1,540		313 1,309	1,060 4,436	1,344 5,623
Protein (N X 6.25)	g	21.38		18.17	61.58	78.06
Total lipid (fat)	g	30.70		26.09	88.41	112.08
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.93		0.79	2.69	3.41
MINERALS:						
Calcium	mg	11		10	33	42
Iron	mg	2.07		1.76	5.97	7.57
Magnesium	mg	20		17	56	71
Phosphorus	mg	164		140	473	599
Potassium	mg	301		256	866	1,098
Sodium	mg	61		52	175	222
Zinc	mg	5.00		4.25	14.39	18.24
Copper	mg	0.092		0.078	0.265	0.336
Manganese	mg	0.013		0.011	0.037	0.047
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.076		0.064	0.219	0.277
Riboflavin	mg	0.171		0.145	0.492	0.624
Niacin	mg	3.104		2.638	8.940	11.333
Pantothenic acid	mg	0.310		0.264	0.893	1.132
Vitamin B ₆	mg	0.29		0.25	0.83	1.06
Folic acid	mcg	6		5	18	22
Vitamin B ₁₂	mcg	2.78		2.36	8.01	10.15
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.96		11.02	37.33	47.32
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.09		0.07	0.25	0.31
12:0	g	0.08		0.07	0.23	0.30
14:0	g	1.00		0.85	2.89	3.67
16:0	g	7.60		6.46	21.89	27.75
18:0	g	3.63		3.08	10.45	13.24
Monounsaturated, total	g	13.73		11.67	39.55	50.14
16:1	g	1.27		1.08	3.67	4.65
18:1	g	11.83		10.06	34.07	43.19
20:1	g	0.06		0.05	0.16	0.21
22:1	g					
Polyunsaturated, total	g	1.09		0.92	3.12	3.96
18:2	g	0.71		0.61	2.06	2.61
18:3	g	0.34		0.28	0.96	1.22
18:4	g					
20:4	g	0.03		0.02	0.07	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	86		73	247	313
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.239		0.203	0.688	0.873
Threonine	g	0.880		0.748	2.534	3.213
Isoleucine	g	0.878		0.746	2.529	3.206
Leucine	g	1.616		1.374	4.654	5.900
Lysine	g	1.669		1.419	4.807	6.094
Methionine	g	0.507		0.431	1.460	1.851
Cystine	g	0.239		0.203	0.688	0.873
Phenylalanine	g	0.819		0.696	2.359	2.990
Tyrosine	g	0.674		0.573	1.941	2.461
Valine	g	0.999		0.849	2.877	3.647
Arginine	g	1.350		1.148	3.888	4.929
Histidine	g	0.667		0.567	1.921	2.435
Alanine	g	1.388		1.180	3.997	5.068
Aspartic acid	g	1.884		1.601	5.426	6.878
Glutamic acid	g	3.147		2.675	9.063	11.490
Glycine	g	1.531		1.301	4.409	5.590
Proline	g	0.944		0.802	2.719	3.447
Serine	g	0.820		0.697	2.362	2.994

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Choice, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%
				3 oz = 85 g	1 lb raw AP yields 275 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	44.70			37.99	122.92	161.99
Food energy kcal . . .	386			328	1,062	1,400
Protein (N X 6.25) g . . .	1,616			1,374	4,444	5,857
Total lipid (fat) g . . .	21.84			18.56	60.06	79.15
Carbohydrate, total g . . .	32.49			27.61	89.33	117.73
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.00			0.00	0.00	0.00
	0.88			0.74	2.40	3.17
MINERALS:						
Calcium mg . . .	11			10	31	41
Iron mg . . .	2.11			1.79	5.78	7.63
Magnesium mg . . .	19			16	51	68
Phosphorus mg . . .				143	463	611
Potassium mg . . .	293			249	805	1,061
Sodium mg . . .	63			54	173	229
Zinc mg . . .	5.15			4.37	14.15	18.65
Copper mg . . .	0.095			0.081	0.261	0.344
Manganese mg . . .	0.013			0.011	0.035	0.047
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.066			0.056	0.181	0.239
Riboflavin mg . . .	0.171			0.145	0.470	0.620
Niacin mg . . .	3.284			2.791	9.031	11.901
Pantothenic acid mg . . .	0.349			0.297	0.959	1.265
Vitamin B ₆ mg . . .	0.25			0.21	0.68	0.91
Folic acid mcg . . .	7			6	18	24
Vitamin B ₁₂ mcg . . .	2.50			2.12	6.87	9.06
Vitamin A IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	13.77			11.70	37.86	49.90
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.09			0.08	0.25	0.33
12:0 g . . .	0.09			0.07	0.23	0.31
14:0 g . . .	1.07			0.91	2.93	3.87
16:0 g . . .	8.08			6.87	22.22	29.29
18:0 g . . .	3.85			3.27	10.58	13.95
Monounsaturated, total g . . .	14.59			12.40	40.12	52.88
16:1 g . . .	1.35			1.15	3.72	4.91
18:1 g . . .	12.57			10.69	34.57	45.56
20:1 g . . .	0.06			0.05	0.16	0.22
22:1 g . . .						
Polyunsaturated, total g . . .	1.16			0.99	3.18	4.20
18:2 g . . .	0.76			0.64	2.08	2.74
18:3 g . . .	0.36			0.30	0.98	1.30
18:4 g . . .						
20:4 g . . .	0.03			0.02	0.07	0.10
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	85			72	234	309
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.245			0.208	0.673	0.888
Threonine g . . .	0.954			0.811	2.623	3.457
Isoleucine g . . .	0.982			0.835	2.700	3.559
Leucine g . . .	1.726			1.467	4.746	6.255
Lysine g . . .	1.817			1.544	4.996	5.585
Methionine g . . .	0.559			0.475	1.537	2.026
Cystine g . . .	0.245			0.208	0.673	0.888
Phenylalanine g . . .	0.853			0.725	2.345	3.091
Tyrosine g . . .	0.734			0.624	2.018	2.660
Valine g . . .	1.062			0.903	2.920	3.849
Arginine g . . .	1.380			1.173	3.795	5.001
Histidine g . . .	0.748			0.636	2.057	2.711
Alanine g . . .	1.317			1.119	3.621	4.773
Aspartic acid g . . .	1.995			1.696	5.486	7.230
Glutamic acid g . . .	3.281			2.789	9.022	11.890
Glycine g . . .	1.191			1.012	3.275	4.316
Proline g . . .	0.964			0.819	2.651	3.494
Serine g . . .	0.835			0.710	2.296	3.026

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	55.61		252.27	15.77	208.61
Food energy	{ kcal . . . kJ . . .	311 1,299		1,409 5,894	88 368	1,165 4,874
Protein (N X 6.25)	g . . .	16.32		74.03	4.63	61.22
Total lipid (fat)	g . . .	26.71		121.13	7.57	100.17
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.77		3.48	0.22	2.88
MINERALS:						
Calcium	mg . . .	9		39	2	32
Iron	mg . . .	1.72		7.79	0.49	6.44
Magnesium	mg . . .	16		73	5	60
Phosphorus	mg . . .	154		699	44	578
Potassium	mg . . .	267		1,212	76	1,002
Sodium	mg . . .	54		245	15	203
Zinc	mg . . .	3.65		16.57	1.04	13.70
Copper	mg . . .	0.058		0.263	0.016	0.218
Manganese	mg . . .	0.012		0.054	0.003	0.045
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.078		0.354	0.022	0.293
Riboflavin	mg . . .	0.129		0.585	0.037	0.484
Niacin	mg . . .	2.776		12.592	0.787	10.413
Pantothenic acid	mg . . .	0.304		1.379	0.086	1.140
Vitamin B ₆	mg . . .	0.31		1.41	0.09	1.17
Folic acid	mcg . . .	5		23	1	19
Vitamin B ₁₂	mcg . . .	2.79		12.65	0.79	10.46
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	11.61		52.65	3.29	43.54
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.10		0.44	0.03	0.36
12:0	g . . .	0.07		0.30	0.02	0.25
14:0	g . . .	0.88		3.99	0.25	3.30
16:0	g . . .	6.62		30.03	1.88	24.84
18:0	g . . .	3.35		15.21	0.95	12.58
Monounsaturated, total	g . . .	12.05		54.67	3.42	45.21
16:1	g . . .	1.37		6.20	0.39	5.13
18:1	g . . .	10.11		45.87	2.87	37.93
20:1	g . . .	0.04		0.18	0.01	0.15
22:1	g . . .					
Polyunsaturated, total	g . . .	0.97		4.41	0.28	3.65
18:2	g . . .	0.61		2.75	0.17	2.28
18:3	g . . .	0.34		1.53	0.10	1.26
18:4	g . . .					
20:4	g . . .	0.02		0.08	0.01	0.07
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	71		322	20	266
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.183		0.830	0.052	0.686
Threonine	g . . .	0.713		3.234	0.202	2.674
Isoleucine	g . . .	0.734		3.329	0.208	2.753
Leucine	g . . .	1.290		5.851	0.366	4.839
Lysine	g . . .	1.358		6.160	0.385	5.094
Methionine	g . . .	0.418		1.896	0.119	1.568
Cystine	g . . .	0.183		0.830	0.052	0.686
Phenylalanine	g . . .	0.637		2.889	0.181	2.389
Tyrosine	g . . .	0.548		2.486	0.155	2.056
Valine	g . . .	0.794		3.602	0.225	2.978
Arginine	g . . .	1.031		4.677	0.292	3.867
Histidine	g . . .	0.559		2.536	0.158	2.097
Alanine	g . . .	0.984		4.463	0.279	3.691
Aspartic acid	g . . .	1.491		6.763	0.423	5.593
Glutamic acid	g . . .	2.452		11.122	0.695	9.197
Glycine	g . . .	0.890		4.037	0.252	3.338
Proline	g . . .	0.721		3.270	0.204	2.704
Serine	g . . .	0.624		2.830	0.177	2.341

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21% yields 285 g EP
				3 oz = 85 g	1 lb raw AP yields 285 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	49.47		42.05	141.00	178.20
Food energy	{ kcal . . . kJ . . .	340 1,423		289 1,210	969 4,056	1,225 5,126
Protein (N X 6.25)	g . . .	21.83		18.56	62.22	78.63
Total lipid (fat)	g . . .	27.39		23.28	78.06	98.66
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.95		0.81	2.72	3.43
MINERALS:						
Calcium	mg . . .	11		9	31	40
Iron	mg . . .	2.12		1.80	6.04	7.64
Magnesium	mg . . .	20		17	57	72
Phosphorus	mg . . .	168		143	479	605
Potassium	mg . . .	308		262	878	1,109
Sodium	mg . . .	61		52	174	220
Zinc	mg . . .	5.14		4.37	14.65	18.51
Copper	mg . . .	0.092		0.078	0.262	0.331
Manganese	mg . . .	0.014		0.012	0.040	0.050
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.078		0.067	0.222	0.281
Riboflavin	mg . . .	0.174		0.148	0.496	0.627
Niacin	mg . . .	3.169		2.694	9.032	11.415
Pantothenic acid	mg . . .	0.317		0.269	0.903	1.142
Vitamin B ₆	mg . . .	0.29		0.25	0.83	1.04
Folic acid	mcg . . .	6		5	17	22
Vitamin B ₁₂	mcg . . .	2.83		2.41	8.07	10.19
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	11.61		9.87	33.09	41.82
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.07	0.23	0.29
12:0	g . . .	0.07		0.06	0.20	0.25
14:0	g . . .	0.90		0.77	2.56	3.24
16:0	g . . .	6.81		5.79	19.41	24.53
18:0	g . . .	3.25		2.76	9.26	11.71
Monounsaturated, total	g . . .	12.30		10.46	35.06	44.30
16:1	g . . .	1.14		0.97	3.25	4.11
18:1	g . . .	10.60		9.01	30.21	38.18
20:1	g . . .	0.05		0.04	0.14	0.18
22:1	g . . .					
Polyunsaturated, total	g . . .	0.97		0.82	2.76	3.49
18:2	g . . .	0.64		0.54	1.82	2.31
18:3	g . . .	0.30		0.26	0.86	1.08
20:4	g . . .					
20:5	g . . .	0.02		0.02	0.06	0.07
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	85		72	242	306
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.244		0.207	0.695	0.879
Threonine	g . . .	0.904		0.768	2.576	3.256
Isoleucine	g . . .	0.906		0.770	2.582	3.263
Leucine	g . . .	1.658		1.409	4.725	5.972
Lysine	g . . .	1.716		1.459	4.891	6.181
Methionine	g . . .	0.522		0.444	1.488	1.880
Cystine	g . . .	0.244		0.207	0.695	0.879
Phenylalanine	g . . .	0.838		0.712	2.388	3.018
Tyrosine	g . . .	0.694		0.590	1.978	2.500
Valine	g . . .	1.025		0.871	2.921	3.692
Arginine	g . . .	1.378		1.171	3.927	4.964
Histidine	g . . .	0.689		0.586	1.964	2.482
Alanine	g . . .	1.405		1.194	4.004	5.061
Aspartic acid	g . . .	1.932		1.642	5.506	6.959
Glutamic acid	g . . .	3.220		2.737	9.177	11.598
Glycine	g . . .	1.521		1.293	4.335	5.479
Proline	g . . .	0.964		0.819	2.747	3.472
Serine	g . . .	0.837		0.711	2.385	3.015

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21% EP
				3 oz = 85 g	1 lb raw AP yields 272 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	47.09		40.02	128.07	168.28
Food energy	{ kcal . . . kJ	360 1,505		306 1,279	978 4,093	1,286 5,379
Protein (N X 6.25)	g	22.30		18.96	60.66	79.71
Total lipid (fat)	g	29.32		24.92	79.75	104.80
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.89		0.76	2.43	3.20
MINERALS:						
Calcium	mg	11		10	30	40
Iron	mg	2.15		1.83	5.84	7.68
Magnesium	mg	19		16	52	69
Phosphorus	mg	172		146	468	616
Potassium	mg	300		255	815	1,072
Sodium	mg	64		54	174	229
Zinc	mg	5.30		4.51	14.42	18.95
Copper	mg	0.095		0.081	0.258	0.340
Manganese	mg	0.013		0.011	0.035	0.046
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.068		0.058	0.184	0.243
Riboflavin	mg	0.175		0.149	0.476	0.625
Niacin	mg	3.356		2.853	9.128	11.994
Pantothenic acid	mg	0.357		0.303	0.971	1.276
Vitamin B ₆	mg	0.25		0.22	0.69	0.91
Folic acid	mcg	7		6	18	25
Vitamin B ₁₂	mcg	2.54		2.15	6.89	9.06
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.43		10.57	33.80	44.42
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.08		0.07	0.22	0.30
12:0	g	0.08		0.07	0.21	0.28
14:0	g	0.96		0.82	2.61	3.44
16:0	g	7.30		6.20	19.84	26.08
18:0	g	3.47		2.95	9.43	12.39
Monounsaturated, total	g	13.05		11.09	35.49	46.63
16:1	g	1.12		0.96	3.05	4.02
18:1	g	11.35		9.64	30.86	40.55
20:1	g	0.06		0.05	0.14	0.20
22:1	g					
Polyunsaturated, total	g	1.05		0.89	2.84	3.74
18:2	g	0.68		0.58	1.85	2.44
18:3	g	0.33		0.28	0.88	1.17
18:4	g					
20:4	g	0.02		0.02	0.06	0.08
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	85		72	230	303
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.250		0.213	0.680	0.894
Threonine	g	0.974		0.828	2.649	3.481
Isoleucine	g	1.003		0.853	2.728	3.585
Leucine	g	1.763		1.499	4.795	6.301
Lysine	g	1.855		1.577	5.045	6.630
Methionine	g	0.571		0.485	1.553	2.041
Cystine	g	0.250		0.213	0.680	0.894
Phenylalanine	g	0.871		0.740	2.369	3.113
Tyrosine	g	0.749		0.637	2.037	2.677
Valine	g	1.085		0.922	2.951	3.878
Arginine	g	1.409		1.198	3.832	5.036
Histidine	g	0.764		0.649	2.078	2.731
Alanine	g	1.345		1.143	3.658	4.807
Aspartic acid	g	2.037		1.731	5.540	7.280
Glutamic acid	g	3.350		2.848	9.112	11.973
Glycine	g	1.217		1.034	3.310	4.350
Proline	g	0.985		0.837	2.679	3.520
Serine	g	0.853		0.725	2.320	3.049

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 15%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	49.96		226.60	14.16	192.38
Food energy	{ kcal . . . kJ . . .	370 1,550		1,680 7,030	105 439	1,426 5,968
Protein (N X 6.25)	g . . .	15.75		71.45	4.47	60.66
Total lipid (fat)	g . . .	33.61		152.44	9.53	129.42
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.73		3.32	0.21	2.82
MINERALS:						
Calcium	mg . . .	9		40	2	34
Iron	mg . . .	1.65		7.48	0.47	6.35
Magnesium	mg . . .	15		68	4	58
Phosphorus	mg . . .	148		671	42	570
Potassium	mg . . .	253		1,148	72	974
Sodium	mg . . .	52		237	15	202
Zinc	mg . . .	3.47		15.72	0.98	13.34
Copper	mg . . .	0.056		0.254	0.016	0.216
Manganese	mg . . .	0.011		0.050	0.003	0.042
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.075		0.340	0.021	0.289
Riboflavin	mg . . .	0.125		0.567	0.035	0.481
Niacin	mg . . .	2.681		12.161	0.760	10.325
Pantothenic acid	mg . . .	0.293		1.329	0.083	1.128
Vitamin B ₆	mg . . .	0.30		1.37	0.09	1.16
Folic acid	mcg . . .	5		22	1	19
Vitamin B ₁₂	mcg . . .	2.70		12.23	0.76	10.38
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	14.58		66.13	4.13	56.15
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.13		0.60	0.04	0.51
12:0	g . . .	0.09		0.40	0.03	0.34
14:0	g . . .	1.10		4.98	0.31	4.22
16:0	g . . .	8.30		37.66	2.35	31.97
18:0	g . . .	4.22		19.14	1.20	16.25
Monounsaturated, total	g . . .	15.01		68.07	4.25	57.79
16:1	g . . .	1.70		7.69	0.48	6.53
18:1	g . . .	12.68		57.51	3.59	48.83
20:1	g . . .	0.02		0.07	0.00	0.06
22:1	g . . .					
Polyunsaturated, total	g . . .	1.26		5.71	0.36	4.84
18:2	g . . .	0.78		3.55	0.22	3.02
18:3	g . . .	0.43		1.93	0.12	1.64
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.12
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	73		331	21	281
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.176		0.798	0.050	0.678
Threonine	g . . .	0.688		3.121	0.195	2.649
Isoleucine	g . . .	0.708		3.211	0.201	2.727
Leucine	g . . .	1.245		5.647	0.353	4.794
Lysine	g . . .	1.310		5.942	0.371	5.045
Methionine	g . . .	0.403		1.828	0.114	1.552
Cystine	g . . .	0.176		0.798	0.050	0.678
Phenylalanine	g . . .	0.615		2.790	0.174	2.368
Tyrosine	g . . .	0.529		2.400	0.150	2.037
Valine	g . . .	0.766		3.475	0.217	2.950
Arginine	g . . .	0.995		4.513	0.282	3.832
Histidine	g . . .	0.539		2.445	0.153	2.076
Alanine	g . . .	0.950		4.309	0.269	3.658
Aspartic acid	g . . .	1.439		6.527	0.408	5.542
Glutamic acid	g . . .	2.366		10.732	0.671	9.111
Glycine	g . . .	0.859		3.896	0.244	3.308
Proline	g . . .	0.696		3.157	0.197	2.680
Serine	g . . .	0.602		2.731	0.171	2.318

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%
				3 oz = 85 g	1 lb raw AP yields 294 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	42.90		36.46	126.12	159.58
Food energy	{ kcal . . . kJ . . .	408 1,706		347 1,450	1,199 5,017	1,517 6,348
Protein (N X6.25)	g . . .	21.11		17.94	62.05	78.51
Total lipid (fat)	g . . .	35.22		29.94	103.54	131.01
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.92		0.78	2.71	3.43
MINERALS:						
Calcium	mg . . .	12		10	34	43
Iron	mg . . .	2.05		1.74	6.02	7.62
Magnesium	mg . . .	19		16	56	71
Phosphorus	mg . . .	162		138	476	602
Potassium	mg . . .	296		252	870	1,101
Sodium	mg . . .	60		51	177	224
Zinc	mg . . .	4.90		4.17	14.41	18.24
Copper	mg . . .	0.092		0.078	0.270	0.342
Manganese	mg . . .	0.013		0.011	0.038	0.048
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.075		0.064	0.221	0.279
Riboflavin	mg . . .	0.169		0.144	0.497	0.629
Niacin	mg . . .	3.064		2.604	9.008	11.398
Pantothenic acid	mg . . .	0.306		0.260	0.900	1.138
Vitamin B ₆	mg . . .	0.29		0.24	0.84	1.06
Folic acid	mcg . . .	6		5	18	23
Vitamin B ₁₂	mcg . . .	2.75		2.34	8.09	10.24
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	14.94		12.70	43.93	55.58
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.09		0.08	0.27	0.35
12:0	g . . .	0.09		0.07	0.26	0.33
14:0	g . . .	1.15		0.98	3.39	4.29
16:0	g . . .	8.73		7.42	25.67	32.48
18:0	g . . .	4.22		3.59	12.42	15.71
Monounsaturated, total	g . . .	15.80		13.43	46.44	58.76
16:1	g . . .	1.49		1.23	4.26	5.39
18:1	g . . .	13.64		11.59	40.09	50.73
20:1	g . . .	0.06		0.05	0.18	0.23
22:1	g . . .					
Polyunsaturated, total	g . . .	1.23		1.05	3.63	4.59
18:2	g . . .	0.82		0.70	2.42	3.06
18:3	g . . .	0.36		0.31	1.06	1.34
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.10	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	86		73	253	320
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.236		0.201	0.694	0.878
Threonine	g . . .	0.865		0.735	2.543	3.218
Isoleucine	g . . .	0.861		0.732	2.531	3.203
Leucine	g . . .	1.589		1.351	4.672	5.911
Lysine	g . . .	1.639		1.393	4.819	6.097
Methionine	g . . .	0.497		0.422	1.461	1.849
Cystine	g . . .	0.236		0.201	0.694	0.878
Phenylalanine	g . . .	0.807		0.686	2.273	3.002
Tyrosine	g . . .	0.662		0.563	1.946	2.463
Valine	g . . .	0.983		0.836	2.890	3.657
Arginine	g . . .	1.333		1.133	3.919	4.959
Histidine	g . . .	0.654		0.556	1.923	2.433
Alanine	g . . .	1.377		1.170	4.048	5.122
Aspartic acid	g . . .	1.855		1.577	5.454	6.901
Glutamic acid	g . . .	3.101		2.636	9.117	11.536
Glycine	g . . .	1.538		1.307	4.522	5.721
Proline	g . . .	0.932		0.792	2.740	3.467
Serine	g . . .	0.810		0.689	2.381	3.013

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Prime, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%
				3 oz = 85 g	1 lb raw AP yields 280 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	41.22		35.04	115.42	152.03
Food energy	{ kcal . . . kJ . . .	425 1,777		361 1,511	1,189 4,975	1,567 6,555
Protein (N X 6.25)	g . . .	21.53		18.30	60.27	79.39
Total lipid (fat)	g . . .	36.91		31.37	103.33	136.11
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.86		0.73	2.41	3.19
MINERALS:						
Calcium	mg . . .	11		10	31	42
Iron	mg . . .	2.08		1.76	5.81	7.65
Magnesium	mg . . .	18		16	51	68
Phosphorus	mg . . .	166		141	464	612
Potassium	mg . . .	288		245	806	1,062
Sodium	mg . . .	63		53	175	231
Zinc	mg . . .	5.04		4.28	14.11	18.59
Copper	mg . . .	0.095		0.081	0.266	0.350
Manganese	mg . . .	0.013		0.011	0.036	0.048
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.065		0.055	0.182	0.240
Riboflavin	mg . . .	0.169		0.144	0.473	0.623
Niacin	mg . . .	3.236		2.751	9.060	11.934
Pantothenic acid	mg . . .	0.343		0.292	0.960	1.265
Vitamin B ₆	mg . . .	0.25		0.21	0.69	0.91
Folic acid	mcg . . .	7		6	18	24
Vitamin B ₁₂	mcg . . .	2.47		2.10	6.92	9.12
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	15.65		13.30	43.81	57.71
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.10		0.08	0.27	0.37
12:0	g . . .	0.09		0.08	0.26	0.34
14:0	g . . .	1.21		1.03	3.38	4.46
16:0	g . . .	9.16		7.78	25.63	33.77
18:0	g . . .	4.41		3.75	12.34	16.26
Monounsaturated, total	g . . .	16.55		14.07	46.34	61.04
16:1	g . . .	1.52		1.29	4.25	5.61
18:1	g . . .	14.29		12.14	39.99	52.68
20:1	g . . .	0.07		0.06	0.18	0.24
22:1	g . . .					
Polyunsaturated, total	g . . .	1.31		1.11	3.65	4.82
18:2	g . . .	0.86		0.73	2.41	3.18
18:3	g . . .	0.39		0.33	1.07	1.42
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.10	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	86		73	239	316
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.241		0.205	0.674	0.889
Threonine	g . . .	0.940		0.799	2.632	3.467
Isoleucine	g . . .	0.968		0.823	2.710	3.570
Leucine	g . . .	1.701		1.446	4.762	6.273
Lysine	g . . .	1.791		1.522	5.014	6.605
Methionine	g . . .	0.551		0.468	1.542	2.032
Cystine	g . . .	0.241		0.205	0.674	0.889
Phenylalanine	g . . .	0.840		0.714	2.352	3.098
Tyrosine	g . . .	0.723		0.615	2.024	2.666
Valine	g . . .	1.047		0.890	2.931	3.861
Arginine	g . . .	1.360		1.156	3.808	5.016
Histidine	g . . .	0.737		0.626	2.063	2.718
Alanine	g . . .	1.298		1.103	3.634	4.787
Aspartic acid	g . . .	1.967		1.672	5.507	7.254
Glutamic acid	g . . .	3.234		2.749	9.055	11.927
Glycine	g . . .	1.174		0.998	3.287	4.330
Proline	g . . .	0.951		0.808	2.662	3.507
Serine	g . . .	0.823		0.700	2.304	3.035

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%, separable fat 27%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	69.81		316.64	19.79	177.93
Food energy	{ kcal . . . kJ . . .	165 692		750 3,138	47 196	421 1,763
Protein (N X 6.25)	g . . .	19.83		89.96	5.62	50.55
Total lipid (fat)	g . . .	8.94		40.55	2.53	22.79
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.98		4.44	0.28	2.50
MINERALS:						
Calcium	mg . . .	8		37	2	21
Iron	mg . . .	2.14		9.70	0.61	5.45
Magnesium	mg . . .	22		98	6	55
Phosphorus	mg . . .	191		867	54	487
Potassium	mg . . .	354		1,606	100	902
Sodium	mg . . .	65		294	18	165
Zinc	mg . . .	4.80		21.77	1.36	12.23
Copper	mg . . .	0.069		0.313	0.020	0.176
Manganese	mg . . .	0.014		0.064	0.004	0.036
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.094		0.426	0.027	0.240
Riboflavin	mg . . .	0.155		0.703	0.044	0.395
Niacin	mg . . .	3.364		15.259	0.954	8.575
Pantothenic acid	mg . . .	0.377		1.710	0.107	0.961
Vitamin B ₆	mg . . .	0.37		1.69	0.11	0.95
Folacin	mcg . . .	6		27	2	15
Vitamin B ₁₂	mcg . . .	3.37		15.26	0.95	8.58
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.78		17.15	1.07	9.64
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.02	0.00	0.01
12:0	g . . .	0.01		0.02	0.00	0.01
14:0	g . . .	0.27		1.21	0.08	0.68
16:0	g . . .	2.14		9.70	0.61	5.45
18:0	g . . .	1.17		5.30	0.33	2.98
Monounsaturated, total	g . . .	3.84		17.43	1.09	9.80
16:1	g . . .	0.33		1.51	0.09	0.85
18:1	g . . .	3.33		15.11	0.94	8.49
20:1	g . . .	0.01		0.05	0.00	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.33		1.51	0.09	0.85
18:2	g . . .	0.27		1.20	0.08	0.68
18:3	g . . .	0.02		0.10	0.01	0.06
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.08
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		267	17	150
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.222		1.007	0.063	0.566
Threonine	g . . .	0.866		3.928	0.246	2.207
Isoleucine	g . . .	0.892		4.046	0.253	2.274
Leucine	g . . .	1.567		7.108	0.444	3.994
Lysine	g . . .	1.650		7.484	0.468	4.206
Methionine	g . . .	0.508		2.304	0.144	1.295
Cystine	g . . .	0.222		1.007	0.063	0.566
Phenylalanine	g . . .	0.774		3.511	0.219	1.973
Tyrosine	g . . .	0.666		3.021	0.189	1.698
Valine	g . . .	0.965		4.377	0.274	2.460
Arginine	g . . .	1.253		5.684	0.355	3.194
Histidine	g . . .	0.679		3.080	0.192	1.731
Alanine	g . . .	1.196		5.425	0.339	3.049
Aspartic acid	g . . .	1.812		8.219	0.514	4.619
Glutamic acid	g . . .	2.979		13.513	0.845	7.593
Glycine	g . . .	1.082		4.908	0.307	2.758
Proline	g . . .	0.876		3.974	0.248	2.233
Serine	g . . .	0.758		3.438	0.215	1.932

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%, separable fat 24%	
				3 oz = 85 g	1 lb raw AP yields 202 g	EP	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	59.53		50.60	120.25	152.58	
Food energy	{ kcal kJ	228 955		194 812	461 1,929	585 2,448	
Protein (N X6.25)	g	26.03		22.12	52.57	66.70	
Total lipid (fat)	g	12.98		11.03	26.22	33.27	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.14		0.97	2.31	2.93	
MINERALS:							
Calcium	mg	10		9	21	26	
Iron	mg	2.52		2.14	5.08	6.45	
Magnesium	mg	25		21	51	65	
Phosphorus	mg	202		172	409	519	
Potassium	mg	379		323	766	972	
Sodium	mg	69		59	140	177	
Zinc	mg	6.55		5.57	13.23	16.79	
Copper	mg	0.094		0.080	0.190	0.241	
Manganese	mg	0.016		0.014	0.032	0.041	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.094		0.080	0.190	0.241	
Riboflavin	mg	0.206		0.175	0.416	0.528	
Niacin	mg	3.775		3.209	7.626	9.675	
Pantothenic acid	mg	0.379		0.322	0.766	0.971	
Vitamin B ₆	mg	0.35		0.30	0.71	0.90	
Folacin	mcg	8		6	15	19	
Vitamin B ₁₂	mcg	3.28		2.79	6.63	8.42	
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.53		4.70	11.18	14.18	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.01	0.01	0.02	
12:0	g	0.01		0.01	0.02	0.02	
14:0	g	0.41		0.35	0.83	1.05	
16:0	g	3.11		2.64	6.28	7.97	
18:0	g	1.74		1.48	3.52	4.46	
Monounsaturated, total	g	5.73		4.87	11.57	14.66	
16:1	g	0.45		0.39	0.92	1.16	
18:1	g	5.05		4.30	10.21	12.95	
20:1	g	0.01		0.01	0.02	0.02	
22:1	g						
Polyunsaturated, total	g	0.39		0.33	0.78	0.99	
18:2	g	0.31		0.26	0.63	0.79	
18:3	g	0.03		0.02	0.06	0.07	
18:4	g						
20:4	g	0.03		0.03	0.07	0.09	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82		69	165	209	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.291		0.247	0.588	0.746	
Threonine	g	1.136		0.966	2.295	2.912	
Isoleucine	g	1.170		0.995	2.363	2.999	
Leucine	g	2.057		1.748	4.155	5.272	
Lysine	g	2.165		1.840	4.373	5.549	
Methionine	g	0.666		0.566	1.345	1.707	
Cystine	g	0.291		0.247	0.588	0.746	
Phenylalanine	g	1.016		0.864	2.052	2.604	
Tyrosine	g	0.874		0.743	1.755	2.240	
Valine	g	1.266		1.076	2.557	3.245	
Arginine	g	1.644		1.397	3.321	4.214	
Histidine	g	0.891		0.757	1.800	2.284	
Alanine	g	1.569		1.334	3.169	4.021	
Aspartic acid	g	2.377		2.020	4.802	6.092	
Glutamic acid	g	3.909		3.323	7.896	10.019	
Glycine	g	1.420		1.207	2.868	3.639	
Proline	g	1.149		0.977	2.321	2.945	
Serine	g	0.995		0.846	2.010	2.550	

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, All grades, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%, separable fat 25%	
				3 oz = 85 g	1 lb raw yields 187 g AP	g EP	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	57.68		49.03	107.86	141.84	
Food energy	$\left\{ \begin{array}{l} kcal 240 \\ kJ 1,006 \end{array} \right.$			204	449	591	
Protein (N X 6.25)	g	27.21		855	1,881	2,474	
Total lipid (fat)	g	13.78		23.12	50.86	66.90	
Carbohydrate, total	g	0.00		11.72	25.78	33.89	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.08		0.00	0.00	0.00	
				0.92	2.02	2.66	
MINERALS:							
Calcium	mg	10		9	18	25	
Iron	mg	2.61		2.22	4.88	6.41	
Magnesium	mg	25		21	46	61	
Phosphorus	mg	213		181	398	523	
Potassium	mg	376		320	708	925	
Sodium	mg	74		63	138	181	
Zinc	mg	6.94		5.90	12.98	17.07	
Copper	mg	0.098		0.083	0.183	0.241	
Manganese	mg	0.016		0.014	0.030	0.039	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.082		0.070	0.153	0.202	
Riboflavin	mg	0.210		0.179	0.392	0.516	
Niacin	mg	4.114		3.497	7.693	10.116	
Pantothenic acid	mg	0.443		0.377	0.828	1.089	
Vitamin B ₆	mg	0.30		0.26	0.56	0.75	
Folacin	mcg	8		7	15	21	
Vitamin B ₁₂	mcg	2.92		2.48	5.46	7.18	
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.80		4.93	10.85	14.27	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.01	0.01	0.02	
12:0	g	0.01		0.01	0.01	0.02	
14:0	g	0.43		0.37	0.80	1.06	
16:0	g	3.26		2.77	6.10	8.02	
18:0	g	1.83		1.55	3.41	4.49	
Monounsaturated, total	g	6.00		5.10	11.22	14.76	
16:1	g	0.48		0.40	0.88	1.17	
18:1	g	5.30		4.50	9.90	13.03	
20:1	g	0.01		0.01	0.01	0.02	
22:1	g						
Polyunsaturated, total	g	0.41		0.35	0.76	1.00	
18:2	g	0.33		0.28	0.60	0.80	
18:3	g	0.03		0.03	0.05	0.07	
18:4	g						
20:4	g	0.04		0.03	0.06	0.09	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81		68	150	198	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.305		0.259	0.570	0.750	
Threonine	g	1.188		1.010	2.221	2.921	
Isoleucine	g	1.223		1.040	2.287	3.007	
Leucine	g	2.150		1.828	4.020	5.287	
Lysine	g	2.263		1.924	4.231	5.565	
Methionine	g	0.696		0.592	1.301	1.711	
Cystine	g	0.305		0.259	0.570	0.750	
Phenylalanine	g	1.062		0.903	1.986	2.611	
Tyrosine	g	0.914		0.777	1.709	2.248	
Valine	g	1.323		1.125	2.474	3.253	
Arginine	g	1.719		1.461	3.214	4.227	
Histidine	g	0.931		0.791	1.741	2.289	
Alanine	g	1.641		1.395	3.069	4.035	
Aspartic acid	g	2.485		2.112	4.647	6.111	
Glutamic acid	g	4.087		3.474	7.643	10.050	
Glycine	g	1.484		1.261	2.775	3.649	
Proline	g	1.201		1.021	2.246	2.953	
Serine	g	1.040		0.884	1.945	2.557	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%, separable fat 24%
				3 oz = 85 g	1 lb raw AP yields 201 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	59.01			50.16	118.61	150.42
Food energy { kcal . . .	233			198	469	595
{ kJ . . .	976			830	1,962	2,488
Protein (N X 6.25) g . . .	26.03			22.12	52.31	66.34
Total lipid (fat) g . . .	13.55			11.52	27.24	34.55
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.14			0.97	2.30	2.91
MINERALS:						
Calcium mg . . .	10			9	21	26
Iron mg . . .	2.52			2.14	5.06	6.41
Magnesium mg . . .	25			21	51	64
Phosphorus mg . . .	202			172	407	516
Potassium mg . . .	379			323	763	967
Sodium mg . . .	69			59	139	176
Zinc mg . . .	6.55			5.57	13.17	16.70
Copper mg . . .	0.094			0.080	0.189	0.240
Manganese mg . . .	0.016			0.014	0.032	0.041
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.094			0.080	0.189	0.240
Riboflavin mg . . .	0.206			0.175	0.414	0.525
Niacin mg . . .	3.775			3.209	7.588	9.622
Pantothenic acid mg . . .	0.379			0.322	0.762	0.966
Vitamin B ₆ mg . . .	0.35			0.30	0.71	0.90
Folacin mcg . . .	8			6	15	19
Vitamin B ₁₂ mcg . . .	3.28			2.79	6.60	8.37
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	5.70			4.84	11.45	14.53
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.01			0.01	0.01	0.02
12:0 g . . .	0.01			0.01	0.02	0.02
14:0 g . . .	0.42			0.36	0.85	1.08
16:0 g . . .	3.20			2.72	6.44	8.16
18:0 g . . .	1.79			1.52	3.61	4.57
Monounsaturated, total g . . .	5.90			5.01	11.86	15.03
16:1 g . . .	0.47			0.40	0.94	1.19
18:1 g . . .	5.21			4.42	10.46	13.27
20:1 g . . .	0.01			0.01	0.02	0.02
22:1 g . . .						
Polyunsaturated, total g . . .	0.40			0.34	0.81	1.02
18:2 g . . .	0.32			0.27	0.64	0.82
18:3 g . . .	0.03			0.03	0.06	0.08
18:4 g . . .						
20:4 g . . .	0.04			0.03	0.07	0.09
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	82			69	164	208
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.291			0.247	0.585	0.742
Threonine g . . .	1.136			0.966	2.283	2.896
Isoleucine g . . .	1.170			0.995	2.352	2.982
Leucine g . . .	2.057			1.748	4.135	5.243
Lysine g . . .	2.165			1.840	4.352	5.519
Methionine g . . .	0.666			0.566	1.339	1.698
Cystine g . . .	0.291			0.247	0.585	0.742
Phenylalanine g . . .	1.016			0.864	2.042	2.590
Tyrosine g . . .	0.874			0.743	1.757	2.229
Valine g . . .	1.266			1.076	2.545	3.227
Arginine g . . .	1.644			1.397	3.304	4.191
Histidine g . . .	0.891			0.757	1.791	2.271
Alanine g . . .	1.569			1.334	3.154	3.999
Aspartic acid g . . .	2.377			2.020	4.778	6.059
Glutamic acid g . . .	3.909			3.323	7.857	9.964
Glycine g . . .	1.420			1.207	2.854	3.620
Proline g . . .	1.149			0.977	2.309	2.929
Serine g . . .	0.995			0.846	2.000	2.536

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Choice, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%, separable fat 26%	
				3 oz = 85 g	1 lb raw yields 186 g AP	EP	G
A	B	C	D	E	F		
PROXIMATE:							
Water	g . . .	57.22		48.64	106.42		140.13
Food energy	{ kcal . . .	246		209	456		602
	{ kJ . . .	1,028		874	1,912		2,517
Protein (N X 6.25)	g . . .	27.21		23.12	50.60		66.63
Total lipid (fat)	g . . .	14.35		12.20	26.69		35.15
Carbohydrate, total	g . . .	0.00		0.00	0.00		0.00
Crude fiber	g . . .	0.00		0.00	0.00		0.00
Ash	g . . .	1.08		0.92	2.01		2.65
MINERALS:							
Calcium	mg . . .	10		9	18		25
Iron	mg . . .	2.61		2.22	4.85		6.39
Magnesium	mg . . .	25		21	46		61
Phosphorus	mg . . .	213		181	395		521
Potassium	mg . . .	376		320	699		921
Sodium	mg . . .	74		63	137		181
Zinc	mg . . .	6.94		5.90	12.91		17.00
Copper	mg . . .	0.098		0.083	0.182		0.240
Manganese	mg . . .	0.016		0.014	0.029		0.039
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0		0.0
Thiamin	mg . . .	0.082		0.070	0.152		0.201
Riboflavin	mg . . .	0.210		0.179	0.390		0.514
Niacin	mg . . .	4.114		3.497	7.652		10.075
Pantothenic acid	mg . . .	0.443		0.377	0.823		1.085
Vitamin B ₆	mg . . .	0.30		0.26	0.56		0.74
Folacin	mcg . . .	8		7	15		21
Vitamin B ₁₂	mcg . . .	2.92		2.48	5.43		7.15
Vitamin A	{ RE . . .	--		--	--		--
	{ IU . . .	--		--	--		--
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	6.12		5.20	11.37		14.98
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.01		0.01	0.01		0.02
12:0	g . . .	0.01		0.01	0.01		0.02
14:0	g . . .	0.45		0.39	0.84		1.11
16:0	g . . .	3.44		2.92	6.39		8.42
18:0	g . . .	1.93		1.64	3.58		4.71
Monounsaturated, total	g . . .	6.33		5.38	11.77		15.50
16:1	g . . .	0.50		0.43	0.93		1.22
18:1	g . . .	5.59		4.75	10.39		13.68
20:1	g . . .	0.01		0.01	0.01		0.02
22:1	g . . .						
Polyunsaturated, total	g . . .	0.43		0.37	0.80		1.06
18:2	g . . .	0.34		0.29	0.63		0.84
18:3	g . . .	0.03		0.03	0.05		0.08
18:4	g . . .						
20:4	g . . .	0.04		0.03	0.07		0.10
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	81		68	149		197
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.305		0.259	0.567		0.747
Threonine	g . . .	1.188		1.010	2.209		2.909
Isoleucine	g . . .	1.223		1.040	2.274		2.995
Leucine	g . . .	2.150		1.828	3.999		5.265
Lysine	g . . .	2.263		1.924	4.209		5.542
Methionine	g . . .	0.696		0.592	1.294		1.705
Cystine	g . . .	0.305		0.259	0.567		0.747
Phenylalanine	g . . .	1.062		0.903	1.975		2.601
Tyrosine	g . . .	0.914		0.777	1.700		2.238
Valine	g . . .	1.323		1.125	2.460		3.240
Arginine	g . . .	1.719		1.461	3.197		4.210
Histidine	g . . .	0.931		0.791	1.731		2.280
Alanine	g . . .	1.641		1.395	3.052		4.019
Aspartic acid	g . . .	2.485		2.112	4.622		6.086
Glutamic acid	g . . .	4.087		3.474	7.601		10.009
Glycine	g . . .	1.484		1.261	2.760		3.634
Proline	g . . .	1.201		1.021	2.233		2.941
Serine	g . . .	1.040		0.884	1.934		2.547

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%, separable fat 25%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	70.93		321.76	20.11	185.63
Food energy	{ kcal . . . kJ . . .	153 641		695 2,906	43 182	401 1,677
Protein (N X 6.25)	g . . .	19.83		89.96	5.62	51.90
Total lipid (fat)	g . . .	7.59		34.42	2.15	19.86
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.98		4.44	0.28	2.56
MINERALS:						
Calcium	mg . . .	8		37	2	21
Iron	mg . . .	2.14		9.70	0.61	5.60
Magnesium	mg . . .	22		98	6	57
Phosphorus	mg . . .	191		867	54	500
Potassium	mg . . .	354		1,606	100	926
Sodium	mg . . .	65		294	18	170
Zinc	mg . . .	4.80		21.77	1.36	12.56
Copper	mg . . .	0.069		0.313	0.020	0.181
Manganese	mg . . .	0.014		0.064	0.004	0.037
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.094		0.426	0.027	0.246
Riboflavin	mg . . .	0.155		0.703	0.044	0.406
Niacin	mg . . .	3.364		15.259	0.954	8.804
Pantothenic acid	mg . . .	0.377		1.710	0.107	0.987
Vitamin B ₆	mg . . .	0.37		1.69	0.11	0.97
Folacin	mcg . . .	6		27	2	15
Vitamin B ₁₂	mcg . . .	3.37		15.26	0.95	8.81
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.21		14.56	0.91	8.40
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.00		0.02	0.00	0.01
14:0	g . . .	0.23		1.03	0.06	0.59
16:0	g . . .	1.82		8.24	0.51	4.75
18:0	g . . .	0.99		4.50	0.28	2.59
Monounsaturated, total	g . . .	3.26		14.79	0.92	8.53
16:1	g . . .	0.28		1.28	0.08	0.74
18:1	g . . .	2.83		12.83	0.80	7.40
20:1	g . . .	0.01		0.04	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.28		1.27	0.08	0.74
18:2	g . . .	0.23		1.02	0.06	0.59
18:3	g . . .	0.02		0.09	0.01	0.05
18:4	g . . .					
20:4	g . . .	0.03		0.12	0.01	0.07
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		267	17	154
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.222		1.007	0.063	0.581
Threonine	g . . .	0.866		3.928	0.246	2.266
Isoleucine	g . . .	0.892		4.046	0.253	2.334
Leucine	g . . .	1.567		7.108	0.444	4.101
Lysine	g . . .	1.650		7.484	0.468	4.318
Methionine	g . . .	0.508		2.304	0.144	1.329
Cystine	g . . .	0.222		1.007	0.063	0.581
Phenylalanine	g . . .	0.774		3.511	0.219	2.026
Tyrosine	g . . .	0.666		3.021	0.189	1.743
Valine	g . . .	0.965		4.377	0.274	2.525
Arginine	g . . .	1.253		5.684	0.355	3.279
Histidine	g . . .	0.679		3.080	0.192	1.777
Alanine	g . . .	1.196		5.425	0.339	3.130
Aspartic acid	g . . .	1.812		8.219	0.514	4.742
Glutamic acid	g . . .	2.979		13.513	0.845	7.796
Glycine	g . . .	1.082		4.908	0.307	2.832
Proline	g . . .	0.876		3.974	0.248	2.292
Serine	g . . .	0.758		3.438	0.215	1.984

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%, separable fat 22%
				3 oz = 85 g	1 lb raw AP yields 207 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	61.08		51.91	126.43	159.84
Food energy	{ kcal	213		181	440	557
	{ kJ	890		757	1,842	2,329
Protein (N X6.25)	g	26.03		22.12	53.87	68.11
Total lipid (fat)	g	11.27		9.58	23.32	29.49
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.14		0.97	2.36	2.99
MINERALS:						
Calcium	mg	10		9	21	27
Iron	mg	2.52		2.14	5.21	6.58
Magnesium	mg	25		21	52	66
Phosphorus	mg	202		172	419	529
Potassium	mg	379		323	785	993
Sodium	mg	69		59	143	181
Zinc	mg	6.55		5.57	13.56	17.14
Copper	mg	0.094		0.080	0.195	0.246
Manganese	mg	0.016		0.014	0.033	0.042
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.094		0.080	0.195	0.246
Riboflavin	mg	0.206		0.175	0.426	0.539
Niacin	mg	3.775		3.209	7.814	9.879
Pantothenic acid	mg	0.379		0.322	0.785	0.992
Vitamin B ₆	mg	0.35		0.30	0.73	0.92
Folic acid	mcg	8		6	16	20
Vitamin B ₁₂	mcg	3.28		2.79	6.80	8.59
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	4.80		4.08	9.94	12.56
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.01	0.01	0.02
12:0	g	0.01		0.01	0.01	0.02
14:0	g	0.36		0.30	0.74	0.93
16:0	g	2.70		2.29	5.58	7.06
18:0	g	1.51		1.28	3.13	3.95
Monounsaturated, total	g	4.97		4.22	10.28	13.00
16:1	g	0.39		0.33	0.81	1.03
18:1	g	4.39		3.73	9.08	11.48
20:1	g	0.01		0.01	0.01	0.02
22:1	g					
Polyunsaturated, total	g	0.34		0.29	0.70	0.88
18:2	g	0.27		0.23	0.56	0.70
18:3	g	0.03		0.02	0.05	0.06
18:4	g					
20:4	g	0.03		0.03	0.06	0.08
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	82		69	169	213
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.291		0.247	0.602	0.762
Threonine	g	1.136		0.966	2.352	2.973
Isoleucine	g	1.170		0.995	2.422	3.062
Leucine	g	2.057		1.748	4.258	5.383
Lysine	g	2.165		1.840	4.482	5.666
Methionine	g	0.666		0.566	1.379	1.743
Cystine	g	0.291		0.247	0.602	0.762
Phenylalanine	g	1.016		0.864	2.103	2.659
Tyrosine	g	0.874		0.743	1.809	2.287
Valine	g	1.266		1.076	2.621	3.313
Arginine	g	1.644		1.397	3.403	4.302
Histidine	g	0.891		0.757	1.844	2.332
Alanine	g	1.569		1.334	3.248	4.106
Aspartic acid	g	2.377		2.020	4.920	6.221
Glutamic acid	g	3.909		3.323	8.092	10.230
Glycine	g	1.420		1.207	2.939	3.716
Proline	g	1.149		0.977	2.378	3.007
Serine	g	0.995		0.846	2.060	2.604

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%, separable fat 23%
				3 oz = 85 g	1 lb raw AP yields 191 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	59.07		50.21	112.82	148.69
Food energy	{ kcal . .	225		191	430.04	567
	{ kJ . . .	942		801	1,799	2,371
Protein (N X 6.25)	g . . .	27.21		23.12	51.96	68.47
Total lipid (fat)	g . . .	12.08		10.27	23.07	30.41
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.08		0.92	2.06	2.72
MINERALS:						
Calcium	mg . . .	10		9	19	25
Iron	mg . . .	2.61		2.22	4.98	6.56
Magnesium	mg . . .	25		21	47	62
Phosphorus	mg . . .	213		181	406	536
Potassium	mg . . .	376		320	718	947
Sodium	mg . . .	74		63	140	186
Zinc	mg . . .	6.94		5.90	13.25	17.47
Copper	mg . . .	0.098		0.083	0.187	0.247
Manganese	mg . . .	0.016		0.014	0.030	0.040
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.082		0.070	0.156	0.206
Riboflavin	mg . . .	0.210		0.179	0.401	0.529
Niacin	mg . . .	4.114		3.497	7.857	10.355
Pantothenic acid	mg . . .	0.443		0.377	0.846	1.115
Vitamin B ₆	mg . . .	0.30		0.26	0.57	0.76
Folic acid	mcg . . .	8		7	16	21
Vitamin B ₁₂	mcg . . .	2.92		2.48	5.57	7.35
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.15		4.38	9.83	12.97
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.01	0.01	0.02
12:0	g . . .	0.01		0.01	0.01	0.02
14:0	g . . .	0.38		0.32	0.72	0.96
16:0	g . . .	2.89		2.46	5.52	7.28
18:0	g . . .	1.62		1.38	3.09	4.08
Monounsaturated, total	g . . .	5.15		4.38	9.83	12.96
16:1	g . . .	0.28		0.24	0.53	0.70
18:1	g . . .	4.70		4.00	8.98	11.84
20:1	g . . .	0.01		0.01	0.01	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.36		0.31	0.68	0.91
18:2	g . . .	0.29		0.25	0.55	0.73
18:3	g . . .	0.03		0.02	0.04	0.07
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.06	0.08
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	81		68	153	203
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.305		0.259	0.582	0.768
Threonine	g . . .	1.188		1.010	2.269	2.990
Isoleucine	g . . .	1.223		1.040	2.335	3.078
Leucine	g . . .	2.150		1.828	4.106	5.412
Lysine	g . . .	2.263		1.924	4.322	5.696
Methionine	g . . .	0.696		0.592	1.329	1.752
Cystine	g . . .	0.305		0.259	0.582	0.768
Phenylalanine	g . . .	1.062		0.903	2.028	2.673
Tyrosine	g . . .	0.914		0.777	1.745	2.301
Valine	g . . .	1.323		1.125	2.526	3.330
Arginine	g . . .	1.719		1.461	3.283	4.327
Histidine	g . . .	0.931		0.791	1.778	2.343
Alanine	g . . .	1.641		1.395	3.134	4.130
Aspartic acid	g . . .	2.485		2.112	4.746	6.255
Glutamic acid	g . . .	4.087		3.474	7.806	10.287
Glycine	g . . .	1.484		1.261	2.834	3.735
Proline	g . . .	1.201		1.021	2.293	3.023
Serine	g . . .	1.040		0.884	1.986	2.618

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 15%, separable fat 30%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	66.04		299.57	18.72	165.04
Food energy	{ kcal . .	206		934	58	515
	{ kJ . . .	862		3,908	244	2,153
Protein (N X 6.25)	g . . .	19.83		89.96	5.62	49.56
Total lipid (fat)	g . . .	13.44		60.98	3.81	33.59
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.98		4.44	0.28	2.45
MINERALS:						
Calcium	mg . . .	8		37	2	20
Iron	mg . . .	2.14		9.70	0.61	5.34
Magnesium	mg . . .	22		98	6	54
Phosphorus	mg . . .	191		867	54	478
Potassium	mg . . .	354		1,606	100	885
Sodium	mg . . .	65		294	18	162
Zinc	mg . . .	4.80		21.77	1.36	11.99
Copper	mg . . .	0.069		0.313	0.020	0.172
Manganese	mg . . .	0.014		0.064	0.004	0.035
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.094		0.426	0.027	0.235
Riboflavin	mg . . .	0.155		0.703	0.044	0.387
Niacin	mg . . .	3.364		15.259	0.954	8.407
Pantothenic acid	mg . . .	0.377		1.710	0.107	0.942
Vitamin B ₆	mg . . .	0.37		1.69	0.11	0.93
Folic acid	mcg . . .	6		27	2	15
Vitamin B ₁₂	mcg . . .	3.37		15.26	0.95	8.41
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.69		25.81	1.61	14.22
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.03	0.00	0.02
12:0	g . . .	0.01		0.04	0.00	0.02
14:0	g . . .	0.40		1.82	0.11	1.00
16:0	g . . .	3.22		14.59	0.91	8.04
18:0	g . . .	1.76		7.97	0.50	4.39
Monounsaturated, total	g . . .	5.79		26.26	1.64	14.47
16:1	g . . .	0.50		2.26	0.14	1.25
18:1	g . . .	5.02		22.78	1.42	12.55
20:1	g . . .	0.02		0.07	0.00	0.04
22:1	g . . .					
Polyunsaturated, total	g . . .	0.50		2.27	0.14	1.25
18:2	g . . .	0.40		1.81	0.11	1.00
18:3	g . . .	0.03		0.15	0.01	0.08
18:4	g . . .					
20:4	g . . .	0.05		0.21	0.01	0.12
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		267	17	147
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.222		1.007	0.063	0.555
Threonine	g . . .	0.866		3.928	0.246	2.164
Isoleucine	g . . .	0.892		4.046	0.253	2.229
Leucine	g . . .	1.567		7.108	0.444	3.916
Lysine	g . . .	1.650		7.484	0.468	4.123
Methionine	g . . .	0.508		2.304	0.144	1.269
Cystine	g . . .	0.222		1.007	0.063	0.555
Phenylalanine	g . . .	0.774		3.511	0.219	1.934
Tyrosine	g . . .	0.666		3.021	0.189	1.664
Valine	g . . .	0.965		4.377	0.274	2.412
Arginine	g . . .	1.253		5.684	0.355	3.131
Histidine	g . . .	0.679		3.080	0.192	1.697
Alanine	g . . .	1.196		5.425	0.339	2.989
Aspartic acid	g . . .	1.812		8.219	0.514	4.528
Glutamic acid	g . . .	2.979		13.513	0.845	7.445
Glycine	g . . .	1.082		4.908	0.307	2.704
Proline	g . . .	0.876		3.974	0.248	2.189
Serine	g . . .	0.758		3.438	0.215	1.894

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 lb raw AP yields 201 g	Refuse: Bone 18%, separable fat 26%
A	B	C	D	E	F	G
PROXIMATE:						
Water g	54.35			46.19	109.24	138.04
Food energy { kcal	280			238	562	711
Protein (N X6, 25) g	1,171			995	2,354	2,974
Total lipid (fat) g	26.03			22.12	52.31	66.10
Carbohydrate, total g	18.70			15.89	37.58	47.49
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	0.00			0.00	0.00	0.00
	1.14			0.97	2.30	2.90
MINERALS:						
Calcium mg	10			9	21	26
Iron mg	2.52			2.14	5.06	6.39
Magnesium mg	25			21	51	64
Phosphorus mg	202			172	407	514
Potassium mg	379			323	763	964
Sodium mg	69			59	139	176
Zinc mg	6.55			5.57	13.17	16.64
Copper mg	0.094			0.080	0.189	0.239
Manganese mg	0.016			0.014	0.032	0.041
VITAMINS:						
Ascorbic acid mg	0.0			0.0	0.0	0.0
Thiamin mg	0.094			0.080	0.189	0.239
Riboflavin mg	0.206			0.175	0.414	0.523
Niacin mg	3.775			3.209	7.588	9.589
Pantothenic acid mg	0.379			0.322	0.762	0.963
Vitamin B ₆ mg	0.35			0.30	0.71	0.90
Folic acid mcg	8			6	15	19
Vitamin B ₁₂ mcg	3.28			2.79	6.60	8.34
Vitamin A { RE	--			--	--	--
	IU			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	7.97			6.78	16.03	20.25
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.01			0.01	0.02	0.03
12:0 g	0.01			0.01	0.02	0.03
14:0 g	0.59			0.50	1.19	1.50
16:0 g	4.48			3.81	9.00	11.37
18:0 g	2.51			2.13	5.05	6.38
Monounsaturated, total g	8.25			7.01	16.58	20.96
16:1 g	0.65			0.56	1.31	1.66
18:1 g	7.28			6.19	14.63	18.49
20:1 g	0.01			0.01	0.02	0.03
22:1 g						
Polyunsaturated, total g	0.56			0.48	1.12	1.42
18:2 g	0.45			0.38	0.90	1.14
18:3 g	0.04			0.03	0.08	0.10
18:4 g						
20:4 g	0.05			0.04	0.10	0.13
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	82			69	164	207
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.291			0.247	0.585	0.739
Threonine g	1.136			0.966	2.283	2.885
Isoleucine g	1.170			0.995	2.352	2.972
Leucine g	2.057			1.748	4.134	5.225
Lysine g	2.165			1.840	4.352	5.499
Methionine g	0.666			0.566	1.339	1.692
Cystine g	0.291			0.247	0.585	0.739
Phenylalanine g	1.016			0.864	2.042	2.581
Tyrosine g	0.874			0.743	1.757	2.220
Valine g	1.266			1.076	2.544	3.216
Arginine g	1.644			1.397	3.304	4.176
Histidine g	0.891			0.757	1.791	2.263
Alanine g	1.569			1.334	3.154	3.985
Aspartic acid g	2.377			2.020	4.778	6.038
Glutamic acid g	3.909			3.323	7.857	9.929
Glycine g	1.420			1.207	2.854	3.607
Proline g	1.149			0.977	2.309	2.918
Serine g	0.995			0.846	2.000	2.527

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%, separable fat 28%	
					3 oz = 85 g	1 lb raw AP yields 184 g EP		
A		B	C	D	E	F	G	
PROXIMATE:								
Water	g	53.05			45.09	97.60	128.48	
Food energy	{ kcal	292			248	536	706	
	{ kJ	1,220			1,037	2,244	2,956	
Protein (N X 6.25)	g	27.21			23.12	50.05	65.89	
Total lipid (fat)	g	19.46			16.54	35.80	47.13	
Carbohydrate, total	g	0.00			0.00	0.00	0.00	
Crude fiber	g	0.00			0.00	0.00	0.00	
Ash	g	1.08			0.92	1.98	2.62	
MINERALS:								
Calcium	mg	10			9	18	24	
Iron	mg	2.61			2.22	4.79	6.32	
Magnesium	mg	25			21	45	60	
Phosphorus	mg	213			181	391	515	
Potassium	mg	376			320	691	911	
Sodium	mg	74			63	135	179	
Zinc	mg	6.94			5.90	12.77	16.81	
Copper	mg	0.098			0.083	0.180	0.237	
Manganese	mg	0.016			0.014	0.029	0.039	
VITAMINS:								
Ascorbic acid	mg	0.0			0.0	0.0	0.0	
Thiamin	mg	0.082			0.070	0.150	0.199	
Riboflavin	mg	0.210			0.179	0.386	0.509	
Niacin	mg	4.114			3.497	7.569	9.964	
Pantothenic acid	mg	0.443			0.377	0.815	1.073	
Vitamin B ₆	mg	0.30			0.26	0.55	0.73	
Folicin	mcg	8			7	15	21	
Vitamin B ₁₂	mcg	2.92			2.48	5.37	7.07	
Vitamin A	{ RE	--			--	--	--	
	{ IU	--			--	--	--	
LIPIDS:								
Fatty acids:								
Saturated, total	g	8.29			7.05	15.25	20.08	
4:0	g							
6:0	g							
8:0	g							
10:0	g	0.01			0.01	0.02	0.03	
12:0	g	0.01			0.01	0.02	0.03	
14:0	g	0.61			0.52	1.12	1.49	
16:0	g	4.66			3.96	8.57	11.29	
18:0	g	2.61			2.22	4.79	6.31	
Monounsaturated, total	g	8.58			7.29	15.77	20.77	
16:1	g	0.68			0.58	1.24	1.64	
18:1	g	7.57			6.44	13.93	18.34	
20:1	g	0.01			0.01	0.02	0.03	
22:1	g							
Polyunsaturated, total	g	0.58			0.50	1.07	1.41	
18:2	g	0.47			0.40	0.85	1.13	
18:3	g	0.04			0.04	0.07	0.10	
18:4	g							
20:4	g	0.05			0.05	0.09	0.13	
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	81			68	148	195	
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	0.305			0.259	0.561	0.739	
Threonine	g	1.188			1.010	2.185	2.877	
Isoleucine	g	1.223			1.040	2.250	2.962	
Leucine	g	2.150			1.828	3.956	5.207	
Lysine	g	2.263			1.924	4.163	5.481	
Methionine	g	0.696			0.592	1.280	1.686	
Cystine	g	0.305			0.259	0.561	0.739	
Phenylalanine	g	1.062			0.903	1.954	2.572	
Tyrosine	g	0.914			0.777	1.681	2.214	
Valine	g	1.323			1.125	2.434	3.204	
Arginine	g	1.719			1.461	3.162	4.163	
Histidine	g	0.931			0.791	1.713	2.255	
Alanine	g	1.641			1.395	3.019	3.975	
Aspartic acid	g	2.485			2.112	4.572	6.019	
Glutamic acid	g	4.087			3.474	7.520	9.899	
Glycine	g	1.484			1.261	2.730	3.594	
Proline	g	1.201			1.021	2.209	2.909	
Serine	g	1.040			0.884	1.913	2.519	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	60.94		276.44	17.28	266.75
Food energy	{ kcal kJ	251 1,049		1,138 4,760	71 298	1,098 4,593
Protein (N X 6.25)	g	18.08		82.01	5.13	79.14
Total lipid (fat)	g	19.25		87.31	5.46	84.25
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.88		4.00	0.25	3.86
MINERALS:						
Calcium	mg	10		46	3	44
Iron	mg	1.94		8.78	0.55	8.47
Magnesium	mg	19		86	5	83
Phosphorus	mg	174		791	49	763
Potassium	mg	320		1,451	91	1,400
Sodium	mg	58		261	16	252
Zinc	mg	4.03		18.28	1.14	17.64
Copper	mg	0.061		0.277	0.017	0.267
Manganese	mg	0.013		0.059	0.004	0.057
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.085		0.386	0.024	0.372
Riboflavin	mg	0.133		0.603	0.038	0.582
Niacin	mg	3.342		15.159	0.947	14.628
Pantothenic acid	mg	0.303		1.374	0.086	1.326
Vitamin B ₆	mg	0.38		1.71	0.11	1.65
Folacin	mcg	6		26	2	25
Vitamin B ₁₂	mcg	3.20		14.53	0.91	14.02
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.22		37.29	2.33	35.98
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.06		0.25	0.02	0.25
12:0	g	0.04		0.18	0.01	0.18
14:0	g	0.61		2.78	0.17	2.68
16:0	g	4.69		21.28	1.33	20.53
18:0	g	2.42		10.96	0.69	10.58
Monounsaturated, total	g	8.73		39.58	2.47	38.19
16:1	g	0.92		4.15	0.26	4.00
18:1	g	7.41		33.60	2.10	32.42
20:1	g	0.03		0.12	0.01	0.11
22:1	g					
Polyunsaturated, total	g	0.68		3.09	0.19	2.98
18:2	g	0.46		2.08	0.13	2.00
18:3	g	0.19		0.88	0.05	0.85
18:4	g					
20:4	g	0.02		0.10	0.01	0.10
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65		297	19	287
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.202		0.916	0.057	0.884
Threonine	g	0.790		3.583	0.224	3.458
Isoleucine	g	0.813		3.688	0.230	3.559
Leucine	g	1.429		6.482	0.405	6.255
Lysine	g	1.504		6.822	0.426	6.583
Methionine	g	0.463		2.100	0.131	2.027
Cystine	g	0.202		0.916	0.057	0.884
Phenylalanine	g	0.706		3.202	0.200	3.090
Tyrosine	g	0.607		2.753	0.172	2.657
Valine	g	0.879		3.987	0.249	3.847
Arginine	g	1.142		5.180	0.324	4.999
Histidine	g	0.619		2.808	0.175	2.709
Alanine	g	1.090		4.944	0.309	4.771
Aspartic acid	g	1.651		7.489	0.468	7.226
Glutamic acid	g	2.716		12.320	0.770	11.888
Glycine	g	0.986		4.472	0.280	4.316
Proline	g	0.798		3.620	0.226	3.493
Serine	g	0.691		3.134	0.196	3.025

¹Values based on data for beef, rib, small end (ribs 10-12).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				3 oz = 85 g	1 lb raw AP yields 328 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	52.33		44.48	171.65	227.65
Food energy	{ kcal . . . kJ . . .	295 1,231		250 1,046	966 4,038	1,282 5,355
Protein (N X 6.25)	g . . .	25.37		21.57	83.23	110.38
Total lipid (fat)	g . . .	20.62		17.53	67.63	89.70
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.11		0.95	3.65	4.85
MINERALS:						
Calcium	mg . . .	13		11	43	57
Iron	mg . . .	2.34		1.98	7.66	10.16
Magnesium	mg . . .	24		20	79	104
Phosphorus	mg . . .	188		159	615	816
Potassium	mg . . .	352		299	1,156	1,533
Sodium	mg . . .	64		55	211	280
Zinc	mg . . .	6.13		5.21	20.12	26.68
Copper	mg . . .	0.098		0.083	0.321	0.426
Manganese	mg . . .	0.014		0.012	0.046	0.061
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.094		0.080	0.308	0.409
Riboflavin	mg . . .	0.196		0.167	0.643	0.853
Niacin	mg . . .	4.303		3.658	14.114	18.718
Pantothenic acid	mg . . .	0.311		0.264	1.020	1.353
Vitamin B ₆	mg . . .	0.36		0.31	1.18	1.57
Folic acid	mcg . . .	7		6	25	33
Vitamin B ₁₂	mcg . . .	3.06		2.60	10.03	13.31
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	8.73		7.42	28.63	37.98
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.05		0.04	0.16	0.22
12:0	g . . .	0.04		0.03	0.13	0.17
14:0	g . . .	0.67		0.57	2.20	2.91
16:0	g . . .	5.08		4.32	16.66	22.10
18:0	g . . .	2.51		2.13	8.23	10.92
Monounsaturated, total	g . . .	9.19		7.81	30.14	39.98
16:1	g . . .	0.82		0.70	2.69	3.57
18:1	g . . .	7.98		6.78	26.17	34.71
20:1	g . . .	0.03		0.03	0.10	0.13
22:1	g . . .					
Polyunsaturated, total	g . . .	0.71		0.60	2.33	3.09
18:2	g . . .	0.48		0.41	1.57	2.09
18:3	g . . .	0.18		0.15	0.59	0.78
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.10	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	83		70	271	359
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.284		0.241	0.932	1.235
Threonine	g . . .	1.108		0.942	3.634	4.820
Isoleucine	g . . .	1.141		0.970	3.742	4.963
Leucine	g . . .	2.006		1.705	6.580	8.726
Lysine	g . . .	2.111		1.794	6.924	9.183
Methionine	g . . .	0.650		0.553	2.132	2.828
Cystine	g . . .	0.284		0.241	0.932	1.235
Phenylalanine	g . . .	0.991		0.842	3.250	4.311
Tyrosine	g . . .	0.853		0.725	2.798	3.711
Valine	g . . .	1.234		1.049	4.048	5.368
Arginine	g . . .	1.604		1.363	5.261	6.977
Histidine	g . . .	0.869		0.739	2.850	3.780
Alanine	g . . .	1.531		1.301	5.022	6.660
Aspartic acid	g . . .	2.318		1.970	7.603	10.083
Glutamic acid	g . . .	3.812		3.240	12.503	16.582
Glycine	g . . .	1.384		1.176	4.540	6.020
Proline	g . . .	1.121		0.953	3.677	4.876
Serine	g . . .	0.970		0.825	3.182	4.220

¹Values based on data for beef, rib, small end (ribs 10-12).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 4%, separable fat 17%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	69.41		314.83	19.68	251.53
Food energy	{ kcal kJ	163 681		739 3,090	46 193	590 2,469
Protein (N X 6.25)	g	20.13		91.32	5.71	72.96
Total lipid (fat)	g	8.52		38.65	2.42	30.88
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.01		4.57	0.29	3.65
MINERALS:						
Calcium	mg	10		46	3	36
Iron	mg	2.18		9.90	0.62	7.91
Magnesium	mg	22		101	6	81
Phosphorus	mg	196		891	56	712
Potassium	mg	373		1,690	106	1,350
Sodium	mg	63		288	18	230
Zinc	mg	4.66		21.14	1.32	16.89
Copper	mg	0.067		0.304	0.019	0.243
Manganese	mg	0.014		0.064	0.004	0.051
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.094		0.426	0.027	0.341
Riboflavin	mg	0.147		0.667	0.042	0.533
Niacin	mg	3.743		16.978	1.061	13.565
Pantothenic acid	mg	0.338		1.533	0.096	1.225
Vitamin B ₆	mg	0.42		1.91	0.12	1.52
Folic acid	mcg	6		28	2	23
Vitamin B ₁₂	mcg	3.57		16.18	1.01	12.93
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.49		15.84	0.99	12.66
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.01	0.00	0.01
12:0	g	0.00		0.02	0.00	0.01
14:0	g	0.24		1.11	0.07	0.88
16:0	g	1.98		8.99	0.56	7.19
18:0	g	1.09		4.94	0.31	3.94
Monounsaturated, total	g	3.81		17.30	1.08	13.82
16:1	g	0.30		1.36	0.09	1.09
18:1	g	3.35		15.19	0.95	12.14
20:1	g	0.01		0.04	0.00	0.03
22:1	g					
Polyunsaturated, total	g	0.29		1.32	0.08	1.05
18:2	g	0.24		1.10	0.07	0.88
18:3	g	0.01		0.05	0.00	0.04
18:4	g					
20:4	g	0.03		0.12	0.01	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59		266	17	212
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.225		1.021	0.064	0.815
Threonine	g	0.879		3.987	0.249	3.185
Isoleucine	g	0.905		4.105	0.257	3.280
Leucine	g	1.591		7.217	0.451	5.766
Lysine	g	1.675		7.598	0.475	6.070
Methionine	g	0.515		2.336	0.146	1.866
Cystine	g	0.225		1.021	0.064	0.815
Phenylalanine	g	0.786		3.565	0.223	2.848
Tyrosine	g	0.676		3.066	0.192	2.450
Valine	g	0.979		4.441	0.278	3.548
Arginine	g	1.272		5.770	0.361	4.610
Histidine	g	0.689		3.125	0.195	2.497
Alanine	g	1.214		5.507	0.344	4.400
Aspartic acid	g	1.839		8.342	0.521	6.665
Glutamic acid	g	3.025		13.721	0.858	10.963
Glycine	g	1.098		4.981	0.311	3.979
Proline	g	0.889		4.033	0.252	3.222
Serine	g	0.770		3.493	0.218	2.790

¹Values based on data for beef, rib, small end (ribs 10-12).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight			Refuse: Connective tissue 4%, separable fat 15%	
				3 oz = 85 g	1 lb raw AP yields 277 g EP			
A	B	C	D	E	F		G	
PROXIMATE:								
Water	g . . .	58.43		49.67	161.85		215.20	
Food energy	{ kcal kJ . . .	225 940		191 799	623 2,604		829 3,462	
Protein (N X6, 25)	g . . .	28.04		23.83	77.67		103.27	
Total lipid (fat)	g . . .	11.64		9.90	32.24		42.88	
Carbohydrate, total	g . . .	0.00		0.00	0.00		0.00	
Crude fiber	g . . .	0.00		0.00	0.00		0.00	
Ash	g . . .	1.23		1.05	3.42		4.54	
MINERALS:								
Calcium	mg . . .	13		11	36		48	
Iron	mg . . .	2.57		2.18	7.11		9.45	
Magnesium	mg . . .	27		23	75		100	
Phosphorus	mg . . .	208		177	575		765	
Potassium	mg . . .	394		335	1,093		1,453	
Sodium	mg . . .	69		58	190		252	
Zinc	mg . . .	6.99		5.94	19.36		25.74	
Copper	mg . . .	0.100		0.085	0.277		0.368	
Manganese	mg . . .	0.016		0.014	0.044		0.059	
VITAMINS:								
Ascorbic acid	mg . . .	0.0		0.0	0.0		0.0	
Thiamin	mg . . .	0.105		0.089	0.291		0.387	
Riboflavin	mg . . .	0.216		0.184	0.598		0.796	
Niacin	mg . . .	4.800		4.080	13.296		17.678	
Pantothenic acid	mg . . .	0.340		0.289	0.942		1.252	
Vitamin B ₆	mg . . .	0.40		0.34	1.11		1.47	
Folic acid	mcg . . .	8		7	23		31	
Vitamin B ₁₂	mcg . . .	3.32		2.82	9.20		12.23	
Vitamin A	{ RE IU . . .	-- --		-- --	-- --		-- --	
LIPIDS:								
Fatty acids:								
Saturated, total	g . . .	4.93		4.19	15.12		20.11	
4:0	g . . .							
6:0	g . . .							
8:0	g . . .							
10:0	g . . .	0.01		0.01	0.02		0.03	
12:0	g . . .	0.01		0.01	0.02		0.03	
14:0	g . . .	0.37		0.31	1.02		1.35	
16:0	g . . .	2.79		2.37	7.72		10.26	
18:0	g . . .	1.54		1.31	4.27		5.68	
Monounsaturated, total	g . . .	5.10		4.33	14.12		18.78	
16:1	g . . .	0.40		0.34	1.09		1.46	
18:1	g . . .	4.52		3.84	12.51		16.63	
20:1	g . . .	0.00		0.00	0.02		0.02	
22:1	g . . .							
Polyunsaturated, total	g . . .	0.35		0.30	0.98		1.30	
18:2	g . . .	0.28		0.24	0.77		1.02	
18:3	g . . .	0.03		0.02	0.07		0.09	
18:4	g . . .							
20:4	g . . .	0.04		0.03	0.10		0.13	
20:5	g . . .							
22:5	g . . .							
22:6	g . . .							
Cholesterol	mg . . .	80		68	223		296	
Phytosterols	mg . . .							
AMINO ACIDS:								
Tryptophan	g . . .	0.314		0.267	0.870		1.156	
Threonine	g . . .	1.225		1.041	3.393		4.512	
Isoleucine	g . . .	1.261		1.072	3.493		4.644	
Leucine	g . . .	2.216		1.884	6.138		8.162	
Lysine	g . . .	2.333		1.983	6.462		8.592	
Methionine	g . . .	0.718		0.610	1.989		2.644	
Cystine	g . . .	0.314		0.267	0.870		1.156	
Phenylalanine	g . . .	1.095		0.931	3.033		4.033	
Tyrosine	g . . .	0.942		0.801	2.609		3.469	
Valine	g . . .	1.364		1.159	3.778		5.024	
Arginine	g . . .	1.772		1.506	4.908		6.526	
Histidine	g . . .	0.960		0.816	2.659		3.536	
Alanine	g . . .	1.691		1.437	4.684		6.228	
Aspartic acid	g . . .	2.562		2.178	7.097		9.436	
Glutamic acid	g . . .	4.212		3.580	11.667		15.513	
Glycine	g . . .	1.530		1.301	4.238		5.635	
Proline	g . . .	1.238		1.052	3.429		4.560	
Serine	g . . .	1.072		0.911	2.969		3.948	

¹Values based on data for beef, rib, small end (ribs 10-12).

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 lb raw AP yields 201 g EP	Refuse: Bone 18%, separable fat 26%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	54.35		46.19	109.24	138.04
Food energy	{ kcal kJ	280 1,171		238 995	562 2,354	711 2,974
Protein (N X6, 25)	g	26.03		22.12	52.31	66.10
Total lipid (fat)	g	18.70		15.89	37.58	47.49
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.14		0.97	2.30	2.90
MINERALS:						
Calcium	mg	10		9	21	26
Iron	mg	2.52		2.14	5.06	6.39
Magnesium	mg	25		21	51	64
Phosphorus	mg	202		172	407	514
Potassium	mg	379		323	763	964
Sodium	mg	69		59	139	176
Zinc	mg	6.55		5.57	13.17	16.64
Copper	mg	0.094		0.080	0.189	0.239
Manganese	mg	0.016		0.014	0.032	0.041
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.094		0.080	0.189	0.239
Riboflavin	mg	0.206		0.175	0.414	0.523
Niacin	mg	3.775		3.209	7.588	9.589
Pantothenic acid	mg	0.379		0.322	0.762	0.963
Vitamin B ₆	mg	0.35		0.30	0.71	0.90
Folic acid	mcg	8		6	15	19
Vitamin B ₁₂	mcg	3.28		2.79	6.60	8.34
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.97		6.78	16.03	20.25
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.01	0.02	0.03
12:0	g	0.01		0.01	0.02	0.03
14:0	g	0.59		0.50	1.19	1.50
16:0	g	4.48		3.81	9.00	11.37
18:0	g	2.51		2.13	5.05	6.38
Monounsaturated, total	g	8.25		7.01	16.58	20.96
16:1	g	0.65		0.56	1.31	1.66
18:1	g	7.28		6.19	14.63	18.49
20:1	g	0.01		0.01	0.02	0.03
22:1	g					
Polyunsaturated, total	g	0.56		0.48	1.12	1.42
18:2	g	0.45		0.38	0.90	1.14
18:3	g	0.04		0.03	0.08	0.10
18:4	g					
20:4	g	0.05		0.04	0.10	0.13
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	82		69	164	207
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.291		0.247	0.585	0.739
Threonine	g	1.136		0.966	2.283	2.885
Isoleucine	g	1.170		0.995	2.352	2.972
Leucine	g	2.057		1.748	4.134	5.225
Lysine	g	2.165		1.840	4.352	5.499
Methionine	g	0.666		0.566	1.339	1.692
Cystine	g	0.291		0.247	0.585	0.739
Phenylalanine	g	1.016		0.864	2.042	2.581
Tyrosine	g	0.874		0.743	1.757	2.220
Valine	g	1.266		1.076	2.544	3.216
Arginine	g	1.644		1.397	3.304	4.176
Histidine	g	0.891		0.757	1.791	2.263
Alanine	g	1.569		1.334	3.154	3.985
Aspartic acid	g	2.377		2.020	4.778	6.038
Glutamic acid	g	3.909		3.323	7.857	9.929
Glycine	g	1.420		1.207	2.854	3.607
Proline	g	1.149		0.977	2.309	2.918
Serine	g	0.995		0.846	2.000	2.527

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Prime, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%, separable fat 28%	
				3 oz = 85 g	1 lb raw AP yields 184 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	53.05		45.09	97.60	128.48	
Food energy	{ kcal	292		248	536	706	
	{ kJ	1,220		1,037	2,244	2,956	
Protein (N X 6.25)	g	27.21		23.12	50.05	65.89	
Total lipid (fat)	g	19.46		16.54	35.80	47.13	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.08		0.92	1.98	2.62	
MINERALS:							
Calcium	mg	10		9	18	24	
Iron	mg	2.61		2.22	4.79	6.32	
Magnesium	mg	25		21	45	60	
Phosphorus	mg	213		181	391	515	
Potassium	mg	376		320	691	911	
Sodium	mg	74		63	135	179	
Zinc	mg	6.94		5.90	12.77	16.81	
Copper	mg	0.098		0.083	0.180	0.237	
Manganese	mg	0.016		0.014	0.029	0.039	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.082		0.070	0.150	0.199	
Riboflavin	mg	0.210		0.179	0.386	0.509	
Niacin	mg	4.114		3.497	7.569	9.964	
Pantothenic acid	mg	0.443		0.377	0.815	1.073	
Vitamin B ₆	mg	0.30		0.26	0.55	0.73	
Folic acid	mcg	8		7	15	21	
Vitamin B ₁₂	mcg	2.92		2.48	5.37	7.07	
Vitamin A	{ RE	--		--	--	--	
	{ IU	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g	8.29		7.05	15.25	20.08	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.01	0.02	0.03	
12:0	g	0.01		0.01	0.02	0.03	
14:0	g	0.61		0.52	1.12	1.49	
16:0	g	4.66		3.96	8.57	11.29	
18:0	g	2.61		2.22	4.79	6.31	
Monounsaturated, total	g	8.58		7.29	15.77	20.77	
16:1	g	0.68		0.58	1.24	1.64	
18:1	g	7.57		6.44	13.93	18.34	
20:1	g	0.01		0.01	0.02	0.03	
22:1	g						
Polyunsaturated, total	g	0.58		0.50	1.07	1.41	
18:2	g	0.47		0.40	0.85	1.13	
18:3	g	0.04		0.04	0.07	0.10	
18:4	g						
20:4	g	0.05		0.05	0.09	0.13	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81		68	148	195	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.305		0.259	0.561	0.739	
Threonine	g	1.188		1.010	2.185	2.877	
Isoleucine	g	1.223		1.040	2.250	2.962	
Leucine	g	2.150		1.828	3.956	5.207	
Lysine	g	2.263		1.924	4.163	5.481	
Methionine	g	0.696		0.592	1.280	1.686	
Cystine	g	0.305		0.259	0.561	0.739	
Phenylalanine	g	1.062		0.903	1.954	2.572	
Tyrosine	g	0.914		0.777	1.681	2.214	
Valine	g	1.323		1.125	2.434	3.204	
Arginine	g	1.719		1.461	3.162	4.163	
Histidine	g	0.931		0.791	1.713	2.255	
Alanine	g	1.641		1.395	3.019	3.975	
Aspartic acid	g	2.485		2.112	4.572	6.019	
Glutamic acid	g	4.087		3.474	7.520	9.899	
Glycine	g	1.484		1.261	2.730	3.594	
Proline	g	1.201		1.021	2.209	2.909	
Serine	g	1.040		0.884	1.913	2.519	

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 16%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	52.18		236.67	14.79	198.11
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$. . .	350 1,462		1,585 6,633	99 415	1,327 5,552
Protein (N X 6.25)	g . . .	15.56		70.58	4.41	59.09
Total lipid (fat)	g . . .	31.38		142.34	8.90	119.15
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.72		3.25	0.20	2.72
MINERALS:						
Calcium	mg . . .	8		36	2	30
Iron	mg . . .	1.62		7.36	0.46	6.16
Magnesium	mg . . .	15		67	4	56
Phosphorus	mg . . .	145		658	41	551
Potassium	mg . . .	243		1,104	69	924
Sodium	mg . . .	53		239	15	200
Zinc	mg . . .	3.51		15.91	0.99	13.32
Copper	mg . . .	0.057		0.259	0.016	0.216
Manganese	mg . . .	0.011		0.050	0.003	0.042
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.075		0.340	0.021	0.285
Riboflavin	mg . . .	0.128		0.581	0.036	0.486
Niacin	mg . . .	2.503		11.354	0.710	9.504
Pantothenic acid	mg . . .	0.309		1.402	0.088	1.173
Vitamin B ₆	mg . . .	0.28		1.27	0.08	1.06
Folic acid	mcg . . .	5		21	1	18
Vitamin B ₁₂	mcg . . .	2.60		11.78	0.74	9.86
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$. . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	13.67		62.02	3.88	51.91
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.11		0.52	0.03	0.43
12:0	g . . .	0.08		0.36	0.02	0.30
14:0	g . . .	1.04		4.71	0.29	3.94
16:0	g . . .	7.81		35.40	2.21	29.64
18:0	g . . .	3.95		17.92	1.12	15.00
Monounsaturated, total	g . . .	14.11		63.98	4.00	53.56
16:1	g . . .	1.62		7.33	0.46	6.13
18:1	g . . .	11.81		53.58	3.35	44.85
20:1	g . . .	0.05		0.21	0.01	0.18
22:1	g . . .					
Polyunsaturated, total	g . . .	1.16		5.26	0.33	4.40
18:2	g . . .	0.72		3.25	0.20	2.72
18:3	g . . .	0.40		1.82	0.11	1.53
18:4	g . . .					
20:4	g . . .	0.02		0.10	0.01	0.09
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	73		332	21	278
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.174		0.789	0.049	0.661
Threonine	g . . .	0.679		3.080	0.192	2.578
Isoleucine	g . . .	0.699		3.171	0.198	2.654
Leucine	g . . .	1.230		5.579	0.349	4.670
Lysine	g . . .	1.294		5.870	0.367	4.913
Methionine	g . . .	0.398		1.805	0.113	1.511
Cystine	g . . .	0.174		0.789	0.049	0.661
Phenylalanine	g . . .	0.607		2.753	0.172	2.305
Tyrosine	g . . .	0.523		2.372	0.148	1.986
Valine	g . . .	0.757		3.434	0.215	2.874
Arginine	g . . .	0.983		4.459	0.279	3.732
Histidine	g . . .	0.533		2.418	0.151	2.024
Alanine	g . . .	0.938		4.255	0.266	3.562
Aspartic acid	g . . .	1.421		6.446	0.403	5.396
Glutamic acid	g . . .	2.337		10.601	0.663	8.874
Glycine	g . . .	0.849		3.851	0.241	3.224
Proline	g . . .	0.687		3.116	0.195	2.609
Serine	g . . .	0.595		2.699	0.169	2.259

AH-8-13 (1985)
NDB No. 13100

AH-8-13 (1985)
NDB No. 13101

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 16%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	51.57			233.93	14.62	196.49
Food energy { kcal . . .	356			1,613	101	1,355
Protein (N X 6.25) g . . .	1,488			6,749	422	5,669
Total lipid (fat) g . . .	15.48			70.22	4.39	58.98
Carbohydrate, total g . . .	32.10			145.59	9.10	122.29
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.00			0.00	0.00	0.00
	0.71			3.23	0.20	2.71
MINERALS:						
Calcium mg . . .	8			36	2	30
Iron mg . . .	1.61			7.31	0.46	6.14
Magnesium mg . . .	15			66	4	55
Phosphorus mg . . .	144			654	41	549
Potassium mg . . .	241			1,095	68	920
Sodium mg . . .	53			238	15	200
Zinc mg . . .	3.48			15.79	0.99	13.26
Copper mg . . .	0.057			0.259	0.016	0.217
Manganese mg . . .	0.011			0.050	0.003	0.042
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.075			0.340	0.021	0.286
Riboflavin mg . . .	0.128			0.581	0.036	0.488
Niacin mg . . .	2.491			11.299	0.706	9.491
Pantothenic acid mg . . .	0.307			1.393	0.087	1.170
Vitamin B ₆ mg . . .	0.28			1.26	0.08	1.06
Folacin mcg . . .	5			21	1	18
Vitamin B ₁₂ mcg . . .	2.58			11.72	0.73	9.85
Vitamin A { RE . . .	--			--	--	--
	{ IU . . .			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	14.04			63.70	3.98	53.50
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.12			0.53	0.03	0.44
12:0 g . . .	0.08			0.37	0.02	0.31
14:0 g . . .	1.07			4.84	0.30	4.06
16:0 g . . .	8.02			36.36	2.27	30.54
18:0 g . . .	4.06			18.42	1.15	15.47
Monounsaturated, total g . . .	14.48			65.69	4.11	55.18
16:1 g . . .	1.66			7.51	0.47	6.31
18:1 g . . .	12.13			55.03	3.44	46.22
20:1 g . . .	0.05			0.22	0.01	0.18
22:1 g . . .						
Polyunsaturated, total g . . .	1.19			5.41	0.34	4.54
18:2 g . . .	0.74			3.35	0.21	2.81
18:3 g . . .	0.41			1.86	0.12	1.57
18:4 g . . .						
20:4 g . . .	0.02			0.11	0.01	0.09
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	74			334	21	280
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.173			0.785	0.049	0.659
Threonine g . . .	0.676			3.066	0.192	2.576
Isoleucine g . . .	0.696			3.157	0.197	2.652
Leucine g . . .	1.223			5.548	0.347	4.660
Lysine g . . .	1.288			5.842	0.365	4.907
Methionine g . . .	0.396			1.796	0.112	1.509
Cystine g . . .	0.173			0.785	0.049	0.659
Phenylalanine g . . .	0.604			2.740	0.171	2.301
Tyrosine g . . .	0.520			2.359	0.147	1.981
Valine g . . .	0.753			3.416	0.213	2.869
Arginine g . . .	0.978			4.436	0.277	3.726
Histidine g . . .	0.530			2.404	0.150	2.019
Alanine g . . .	0.933			4.232	0.265	3.555
Aspartic acid g . . .	1.414			6.414	0.401	5.387
Glutamic acid g . . .	2.325			10.546	0.659	8.858
Glycine g . . .	0.844			3.828	0.239	3.216
Proline g . . .	0.683			3.098	0.194	2.602
Serine g . . .	0.592			2.685	0.168	2.256

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19% g EP
				3 oz = 85 g	1 lb raw AP yields 288 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	45.98		39.08	132.41	168.73
Food energy	{ kcal kJ	384 1,608		327 1,367	1,107 4,630	1,410 5,900
Protein (N X 6.25)	g	20.04		17.03	57.70	73.53
Total lipid (fat)	g	33.11		28.15	95.37	121.53
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.87		0.74	2.51	3.20
MINERALS:						
Calcium	mg	10		9	30	38
Iron	mg	2.01		1.71	5.79	7.38
Magnesium	mg	18		15	52	67
Phosphorus	mg	158		135	456	581
Potassium	mg	287		244	826	1,052
Sodium	mg	60		51	173	221
Zinc	mg	4.65		3.96	13.40	17.08
Copper	mg	0.089		0.076	0.256	0.327
Manganese	mg	0.013		0.011	0.037	0.048
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.069		0.059	0.199	0.253
Riboflavin	mg	0.163		0.139	0.469	0.598
Niacin	mg	2.571		2.185	7.404	9.436
Pantothenic acid	mg	0.323		0.275	0.930	1.185
Vitamin B ₆	mg	0.26		0.22	0.75	0.96
Folacin	mcg	6		5	16	21
Vitamin B ₁₂	mcg	2.72		2.31	7.83	9.98
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	13.97		11.87	40.22	51.26
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.09		0.08	0.27	0.34
12:0	g	0.09		0.07	0.25	0.32
14:0	g	1.08		0.92	3.11	3.97
16:0	g	8.19		6.96	23.58	30.04
18:0	g	3.91		3.32	11.26	14.34
Monounsaturated, total	g	14.80		12.58	42.62	54.31
16:1	g	1.38		1.17	3.97	5.06
18:1	g	12.74		10.83	36.69	46.76
20:1	g	0.06		0.05	0.18	0.23
22:1	g					
Polyunsaturated, total	g	1.17		1.00	3.38	4.30
18:2	g	0.77		0.65	2.21	2.82
18:3	g	0.36		0.31	1.05	1.34
18:4	g					
20:4	g	0.03		0.02	0.07	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	87		74	249	318
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.224		0.190	0.645	0.822
Threonine	g	0.875		0.744	2.520	3.211
Isoleucine	g	0.901		0.766	2.595	3.307
Leucine	g	1.583		1.346	4.559	5.810
Lysine	g	1.667		1.417	4.801	6.118
Methionine	g	0.513		0.436	1.477	1.883
Cystine	g	0.224		0.190	0.645	0.822
Phenylalanine	g	0.782		0.665	2.252	2.870
Tyrosine	g	0.673		0.572	1.938	2.470
Valine	g	0.974		0.828	2.805	3.575
Arginine	g	1.266		1.076	3.646	4.646
Histidine	g	0.686		0.583	1.976	2.518
Alanine	g	1.208		1.027	3.479	4.433
Aspartic acid	g	1.830		1.556	5.270	6.716
Glutamic acid	g	3.009		2.558	8.666	11.043
Glycine	g	1.093		0.929	3.148	4.011
Proline	g	0.885		0.752	2.549	3.248
Serine	g	0.766		0.651	2.206	2.811

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Choice, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19% g EP
				3 oz = 85 g	1 lb raw AP yields 280 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	45.79			38.92	128.22	168.66
Food energy { <i>kcal</i> . . .	372			316	1,040	1,369
Protein (N X 6.25) { <i>kJ</i> . . .	1,555			1,321	4,353	5,726
Total lipid (fat) g . . .	22.68			19.28	63.51	83.54
Carbohydrate, total g . . .	30.46			25.89	85.28	112.17
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.00			0.00	0.00	0.00
	0.90			0.76	2.51	3.30
MINERALS:						
Calcium mg . . .	10			8	27	36
Iron mg . . .	2.31			1.97	6.48	8.52
Magnesium mg . . .	19			16	54	71
Phosphorus mg . . .	171			145	478	629
Potassium mg . . .	288			245	808	1,062
Sodium mg . . .	64			54	179	235
Zinc mg . . .	5.72			4.86	16.02	21.07
Copper mg . . .	0.100			0.085	0.280	0.368
Manganese mg . . .	0.013			0.011	0.036	0.048
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.071			0.060	0.199	0.261
Riboflavin mg . . .	0.184			0.156	0.515	0.678
Niacin mg . . .	3.617			3.074	10.128	13.321
Pantothenic acid mg . . .	0.363			0.309	1.016	1.337
Vitamin B ₆ mg . . .	0.22			0.19	0.62	0.82
Folacin mcg . . .	7			6	20	26
Vitamin B ₁₂ mcg . . .	2.33			1.98	6.52	8.57
Vitamin A { <i>RE</i> . . .	--			--	--	--
	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	12.93			10.99	36.22	47.64
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.08			0.07	0.23	0.31
12:0 g . . .	0.08			0.07	0.22	0.29
14:0 g . . .	1.00			0.85	2.80	3.68
16:0 g . . .	7.56			6.43	21.17	27.85
18:0 g . . .	3.65			3.10	10.21	13.43
Monounsaturated, total g . . .	13.69			11.63	38.32	50.41
16:1 g . . .	1.26			1.07	3.54	4.66
18:1 g . . .	11.80			10.03	33.04	43.46
20:1 g . . .	0.06			0.05	0.16	0.21
22:1 g . . .						
Polyunsaturated, total g . . .	1.08			0.92	3.02	3.97
18:2 g . . .	0.71			0.60	1.99	2.62
18:3 g . . .	0.32			0.27	0.90	1.19
18:4 g . . .						
20:4 g . . .	0.03			0.02	0.08	0.10
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	85			72	237	312
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.254			0.216	0.711	0.935
Threonine g . . .	0.991			0.842	2.775	3.650
Isoleucine g . . .	1.020			0.867	2.856	3.757
Leucine g . . .	1.793			1.524	5.020	6.604
Lysine g . . .	1.887			1.604	5.284	6.950
Methionine g . . .	0.581			0.494	1.627	2.140
Cystine g . . .	0.254			0.216	0.711	0.935
Phenylalanine g . . .	0.885			0.752	2.478	3.259
Tyrosine g . . .	0.762			0.648	2.134	2.806
Valine g . . .	1.103			0.938	3.088	4.062
Arginine g . . .	1.433			1.218	4.012	5.278
Histidine g . . .	0.777			0.660	2.176	2.862
Alanine g . . .	1.368			1.163	3.830	5.038
Aspartic acid g . . .	2.072			1.761	5.802	7.631
Glutamic acid g . . .	3.408			2.897	9.542	12.552
Glycine g . . .	1.237			1.051	3.464	4.556
Proline g . . .	1.002			0.852	2.806	3.690
Serine g . . .	0.867			0.737	2.428	3.193

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	54.32		246.41	15.40	204.53
Food energy	{ <i>kcal</i> <i>kJ</i>	328 1,371		1,487 6,220	93 389	1,234 5,163
Protein (N X6.25)	g	15.87		71.98	4.50	59.75
Total lipid (fat)	g	28.82		130.73	8.17	108.51
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.74		3.33	0.21	2.77
MINERALS:						
Calcium	mg	8		35	2	29
Iron	mg	1.66		7.52	0.47	6.24
Magnesium	mg	15		69	4	57
Phosphorus	mg	148		673	42	558
Potassium	mg	251		1,137	71	944
Sodium	mg	54		244	15	202
Zinc	mg	3.61		16.39	1.02	13.60
Copper	mg	0.058		0.263	0.016	0.218
Manganese	mg	0.012		0.054	0.003	0.045
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.076		0.345	0.022	0.286
Riboflavin	mg	0.131		0.594	0.037	0.493
Niacin	mg	2.548		11.558	0.722	9.593
Pantothenic acid	mg	0.316		1.433	0.090	1.190
Vitamin B ₆	mg	0.28		1.29	0.08	1.07
Folic acid	mcg	5		22	1	18
Vitamin B ₁₂	mcg	2.64		11.99	0.75	9.95
Vitamin A	{ <i>RE</i> <i>IU</i>	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.56		56.96	3.56	47.28
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.11		0.48	0.03	0.40
12:0	g	0.07		0.33	0.02	0.27
14:0	g	0.95		4.33	0.27	3.59
16:0	g	7.17		32.52	2.03	26.99
18:0	g	3.63		16.45	1.03	13.66
Monounsaturated, total	g	12.96		58.78	3.67	48.79
16:1	g	1.49		6.74	0.42	5.59
18:1	g	10.85		49.22	3.08	40.85
20:1	g	0.04		0.20	0.01	0.16
22:1	g					
Polyunsaturated, total	g	1.06		4.82	0.30	4.00
18:2	g	0.66		2.98	0.19	2.47
18:3	g	0.37		1.68	0.11	1.40
18:4	g					
20:4	g	0.02		0.09	0.01	0.08
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	72		328	20	272
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.178		0.807	0.050	0.670
Threonine	g	0.693		3.143	0.196	2.609
Isoleucine	g	0.713		3.234	0.202	2.684
Leucine	g	1.254		5.688	0.356	4.721
Lysine	g	1.320		5.988	0.374	4.970
Methionine	g	0.406		1.842	0.115	1.529
Cystine	g	0.178		0.807	0.050	0.670
Phenylalanine	g	0.619		2.808	0.175	2.331
Tyrosine	g	0.533		2.418	0.151	2.007
Valine	g	0.772		3.502	0.219	2.907
Arginine	g	1.003		4.550	0.284	3.776
Histidine	g	0.543		2.463	0.154	2.044
Alanine	g	0.957		4.341	0.271	3.603
Aspartic acid	g	1.449		6.573	0.411	5.455
Glutamic acid	g	2.383		10.809	0.676	8.972
Glycine	g	0.865		3.924	0.245	3.257
Proline	g	0.700		3.175	0.198	2.636
Serine	g	0.607		2.753	0.172	2.285

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%	
				3 oz	1 lb raw AP		
				= 85 g	yields 285 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	49.06		41.70	139.83	177.61	
Food energy	{ kcal . . . kJ . . .	354 1,482		301 1,259	1,009 4,223	1,282 5,364	
Protein (N X6.25)	g . . .	20.46		17.39	58.30	74.05	
Total lipid (fat)	g . . .	29.58		25.14	84.30	107.08	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	0.89		0.76	2.54	3.23	
MINERALS:							
Calcium	mg . . .	10		9	29	37	
Iron	mg . . .	2.05		1.75	5.85	7.43	
Magnesium	mg . . .	19		16	53	68	
Phosphorus	mg . . .	162		138	462	586	
Potassium	mg . . .	294		250	839	1,065	
Sodium	mg . . .	61		52	174	221	
Zinc	mg . . .	4.80		4.08	13.68	17.37	
Copper	mg . . .	0.089		0.076	0.254	0.322	
Manganese	mg . . .	0.013		0.011	0.037	0.047	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.071		0.060	0.202	0.257	
Riboflavin	mg . . .	0.167		0.142	0.476	0.605	
Niacin	mg . . .	2.616		2.224	7.456	9.470	
Pantothenic acid	mg . . .	0.330		0.281	0.941	1.195	
Vitamin B ₆	mg . . .	0.27		0.23	0.76	0.97	
Folacin	mcg . . .	6		5	16	21	
Vitamin B ₁₂	mcg . . .	2.77		2.35	7.89	10.02	
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	12.55		10.67	35.76	45.43	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.09		0.07	0.24	0.31	
12:0	g . . .	0.08		0.07	0.23	0.29	
14:0	g . . .	0.97		0.83	2.77	3.52	
16:0	g . . .	7.36		6.26	20.98	26.65	
18:0	g . . .	3.51		2.98	9.99	12.69	
Monounsaturated, total	g . . .	13.30		11.31	37.91	48.16	
16:1	g . . .	1.24		1.05	3.53	4.49	
18:1	g . . .	11.45		9.73	32.64	41.45	
20:1	g . . .	0.06		0.05	0.16	0.21	
22:1	g . . .						
Polyunsaturated, total	g . . .	1.06		0.90	3.01	3.82	
18:2	g . . .	0.69		0.59	1.96	2.49	
18:3	g . . .	0.33		0.28	0.94	1.19	
18:4	g . . .						
20:4	g . . .	0.02		0.02	0.06	0.08	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	86		73	246	312	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.229		0.195	0.653	0.829	
Threonine	g . . .	0.893		0.759	2.545	3.233	
Isoleucine	g . . .	0.919		0.781	2.619	3.327	
Leucine	g . . .	1.616		1.374	4.606	5.850	
Lysine	g . . .	1.701		1.446	4.848	6.158	
Methionine	g . . .	0.524		0.445	1.493	1.897	
Cystine	g . . .	0.229		0.195	0.653	0.829	
Phenylalanine	g . . .	0.798		0.678	2.274	2.889	
Tyrosine	g . . .	0.687		0.584	1.958	2.487	
Valine	g . . .	0.995		0.846	2.836	3.602	
Arginine	g . . .	1.292		1.098	3.682	4.677	
Histidine	g . . .	0.700		0.595	1.995	2.534	
Alanine	g . . .	1.234		1.049	3.517	4.467	
Aspartic acid	g . . .	1.868		1.588	5.324	6.762	
Glutamic acid	g . . .	3.072		2.611	8.755	11.121	
Glycine	g . . .	1.116		0.949	3.181	4.040	
Proline	g . . .	0.903		0.768	2.574	3.269	
Serine	g . . .	0.782		0.665	2.229	2.831	

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight			Refuse: Bone 19%
				3 oz = 85 g	1 lb raw AP yields 280 g EP		
A	B	C	D	E	F		G
PROXIMATE:							
Water	g . . .	46.81		39.79	131.07		172.64
Food energy	{ kcal . . . kJ . . .	357 1,495		304 1,270	1,000 4,185		1,317 5,512
Protein (N X 6.25)	g . . .	22.80		19.38	63.84		84.09
Total lipid (fat)	g . . .	28.81		24.49	80.67		106.25
Carbohydrate, total	g . . .	0.00		0.00	0.00		0.00
Crude fiber	g . . .	0.00		0.00	0.00		0.00
Ash	g . . .	0.90		0.77	2.52		3.32
MINERALS:							
Calcium	mg . . .	10		8	27		35
Iron	mg . . .	2.33		1.98	6.51		8.58
Magnesium	mg . . .	19		17	55		72
Phosphorus	mg . . .	172		146	481		633
Potassium	mg . . .	290		247	812		1,070
Sodium	mg . . .	64		54	179		236
Zinc	mg . . .	5.76		4.90	16.14		21.25
Copper	mg . . .	0.100		0.085	0.280		0.369
Manganese	mg . . .	0.013		0.011	0.036		0.048
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0		0.0
Thiamin	mg . . .	0.071		0.060	0.199		0.262
Riboflavin	mg . . .	0.185		0.157	0.518		0.682
Niacin	mg . . .	3.637		3.091	10.184		13.413
Pantothenic acid	mg . . .	0.365		0.310	1.022		1.346
Vitamin B ₆	mg . . .	0.22		0.19	0.63		0.83
Folacin	mcg . . .	7		6	20		26
Vitamin B ₁₂	mcg . . .	2.33		1.98	6.54		8.61
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --		-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	12.23		10.39	34.24		45.10
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.08		0.07	0.22		0.30
12:0	g . . .	0.08		0.06	0.21		0.28
14:0	g . . .	0.95		0.80	2.65		3.49
16:0	g . . .	7.16		6.09	20.05		26.41
18:0	g . . .	3.44		2.92	9.62		12.67
Monounsaturated, total	g . . .	12.95		11.01	36.26		47.76
16:1	g . . .	1.20		1.02	3.36		4.43
18:1	g . . .	11.16		9.48	31.24		41.15
20:1	g . . .	0.05		0.05	0.15		0.20
22:1	g . . .						
Polyunsaturated, total	g . . .	1.02		0.87	2.86		3.77
18:2	g . . .	0.67		0.57	1.88		2.48
18:3	g . . .	0.31		0.27	0.87		1.15
18:4	g . . .						
20:4	g . . .	0.02		0.02	0.06		0.08
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	85		72	237		312
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.255		0.217	0.714		0.940
Threonine	g . . .	0.996		0.847	2.789		3.673
Isoleucine	g . . .	1.025		0.871	2.870		3.780
Leucine	g . . .	1.802		1.532	5.046		6.646
Lysine	g . . .	1.897		1.612	5.312		6.996
Methionine	g . . .	0.584		0.496	1.635		2.154
Cystine	g . . .	0.255		0.217	0.714		0.940
Phenylalanine	g . . .	0.890		0.757	2.492		3.282
Tyrosine	g . . .	0.766		0.651	2.145		2.825
Valine	g . . .	1.109		0.943	3.105		4.090
Arginine	g . . .	1.441		1.225	4.035		5.314
Histidine	g . . .	0.781		0.664	2.187		2.880
Alanine	g . . .	1.375		1.169	3.850		5.071
Aspartic acid	g . . .	2.083		1.771	5.832		7.682
Glutamic acid	g . . .	3.425		2.911	9.590		12.631
Glycine	g . . .	1.244		1.057	3.483		4.588
Proline	g . . .	1.007		0.856	2.820		3.714
Serine	g . . .	0.872		0.741	2.442		3.216

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 14%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	48.86		221.62	13.85	191.47
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	383 1,602		1,737 7,269	109 454	1,501 6,280
Protein (N X 6.25)	g . . .	15.38		69.75	4.36	60.27
Total lipid (fat)	g . . .	35.18		159.58	9.97	137.87
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.71		3.20	0.20	2.77
MINERALS:						
Calcium	mg . . .	8		36	2	31
Iron	mg . . .	1.60		7.26	0.45	6.27
Magnesium	mg . . .	14		65	4	56
Phosphorus	mg . . .	143		649	41	561
Potassium	mg . . .	239		1,084	68	936
Sodium	mg . . .	52		237	15	205
Zinc	mg . . .	3.45		15.63	0.98	13.50
Copper	mg . . .	0.056		0.254	0.016	0.219
Manganese	mg . . .	0.011		0.050	0.003	0.043
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.074		0.336	0.021	0.290
Riboflavin	mg . . .	0.127		0.576	0.036	0.498
Niacin	mg . . .	2.476		11.231	0.702	9.703
Pantothenic acid	mg . . .	0.305		1.383	0.086	1.195
Vitamin B ₆	mg . . .	0.28		1.25	0.08	1.08
Folic acid	mcg . . .	5		21	1	18
Vitamin B ₁₂	mcg . . .	2.57		11.65	0.73	10.07
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	15.32		69.50	4.34	60.04
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.12		0.55	0.03	0.47
12:0	g . . .	0.09		0.39	0.02	0.33
14:0	g . . .	1.16		5.26	0.33	4.54
16:0	g . . .	8.74		39.64	2.48	34.24
18:0	g . . .	4.45		20.17	1.26	17.42
Monounsaturated, total	g . . .	15.74		71.41	4.46	61.70
16:1	g . . .	1.78		8.07	0.50	6.98
18:1	g . . .	13.21		59.92	3.74	51.77
20:1	g . . .	0.05		0.24	0.01	0.20
22:1	g . . .					
Polyunsaturated, total	g . . .	1.31		5.93	0.37	5.13
18:2	g . . .	0.82		3.73	0.23	3.22
18:3	g . . .	0.43		1.94	0.12	1.68
18:4	g . . .					
20:4	g . . .	0.03		0.15	0.01	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	74		335	21	290
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.172		0.780	0.049	0.674
Threonine	g . . .	0.672		3.048	0.191	2.634
Isoleucine	g . . .	0.691		3.134	0.196	2.708
Leucine	g . . .	1.215		5.511	0.344	4.762
Lysine	g . . .	1.279		5.802	0.363	5.012
Methionine	g . . .	0.394		1.787	0.112	1.544
Cystine	g . . .	0.172		0.780	0.049	0.674
Phenylalanine	g . . .	0.600		2.722	0.170	2.351
Tyrosine	g . . .	0.517		2.345	0.147	2.026
Valine	g . . .	0.748		3.393	0.212	2.931
Arginine	g . . .	0.972		4.409	0.276	3.809
Histidine	g . . .	0.526		2.386	0.149	2.061
Alanine	g . . .	0.927		4.205	0.263	3.633
Aspartic acid	g . . .	1.405		6.373	0.398	5.506
Glutamic acid	g . . .	2.310		10.478	0.655	9.053
Glycine	g . . .	0.839		3.806	0.238	3.288
Proline	g . . .	0.679		3.080	0.192	2.661
Serine	g . . .	0.588		2.667	0.167	2.304

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 16%
				3 oz = 85 g	1 lb raw AP yields 298 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	41.52		35.30	123.74	157.46
Food energy	{ kcal . . . kJ . . .	425 1,779		361 1,512	1,267 5,302	1,613 6,747
Protein (N X6.25)	g . . .	19.87		16.89	59.21	75.34
Total lipid (fat)	g . . .	37.74		32.08	112.47	143.11
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.87		0.74	2.58	3.28
MINERALS:						
Calcium	mg . . .	10		9	31	39
Iron	mg . . .	1.99		1.69	5.94	7.56
Magnesium	mg . . .	18		15	53	68
Phosphorus	mg . . .	157		133	467	595
Potassium	mg . . .	284		241	846	1,076
Sodium	mg . . .	60		51	178	227
Zinc	mg . . .	4.60		3.91	13.70	17.43
Copper	mg . . .	0.089		0.076	0.265	0.337
Manganese	mg . . .	0.012		0.010	0.036	0.046
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.068		0.058	0.203	0.258
Riboflavin	mg . . .	0.162		0.138	0.483	0.614
Niacin	mg . . .	2.553		2.170	7.608	9.681
Pantothenic acid	mg . . .	0.320		0.272	0.954	1.213
Vitamin B ₆	mg . . .	0.26		0.22	0.77	0.98
Folic acid	mcg . . .	6		5	17	21
Vitamin B ₁₂	mcg . . .	2.70		2.30	8.05	10.24
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	16.03		13.63	47.77	60.79
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.10		0.08	0.30	0.38
12:0	g . . .	0.09		0.08	0.28	0.36
14:0	g . . .	1.24		1.05	3.68	4.69
16:0	g . . .	9.36		7.95	27.88	35.47
18:0	g . . .	4.54		3.86	13.54	17.22
Monounsaturated, total	g . . .	16.95		14.41	50.51	64.27
16:1	g . . .	1.56		1.32	4.64	5.91
18:1	g . . .	14.62		12.43	43.58	55.45
20:1	g . . .	0.07		0.06	0.20	0.26
22:1	g . . .					
Polyunsaturated, total	g . . .	1.33		1.13	3.95	5.03
18:2	g . . .	0.88		0.75	2.63	3.34
18:3	g . . .	0.39		0.33	1.15	1.46
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.10	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	87		74	259	329
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.222		0.189	0.662	0.842
Threonine	g . . .	0.868		0.738	2.587	3.291
Isoleucine	g . . .	0.893		0.759	2.661	3.386
Leucine	g . . .	1.570		1.335	4.679	5.953
Lysine	g . . .	1.653		1.405	4.926	6.268
Methionine	g . . .	0.508		0.432	1.514	1.926
Cystine	g . . .	0.222		0.189	0.662	0.842
Phenylalanine	g . . .	0.775		0.659	2.310	2.939
Tyrosine	g . . .	0.667		0.567	1.988	2.529
Valine	g . . .	0.966		0.821	2.879	3.663
Arginine	g . . .	1.255		1.067	3.740	4.759
Histidine	g . . .	0.680		0.578	2.026	2.579
Alanine	g . . .	1.198		1.018	3.570	4.543
Aspartic acid	g . . .	1.815		1.543	5.409	6.882
Glutamic acid	g . . .	2.984		2.536	8.892	11.315
Glycine	g . . .	1.084		0.921	3.230	4.111
Proline	g . . .	0.877		0.745	2.613	3.326
Serine	g . . .	0.760		0.646	2.265	2.882

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight			Refuse: Bone 19%
				3 oz = 85 g	1 lb raw yields 279 g	AP g EP	
A	B	C	D	E	F		G
PROXIMATE:							
Water	g	43.19		36.71	120.50		158.68
Food energy	{ kcal kJ	407 1,704		346 1,448	1,136 4,753		1,496 6,259
Protein (N X6.25)	g	22.24		18.91	62.06		81.72
Total lipid (fat)	g	34.61		29.42	96.56		127.15
Carbohydrate, total	g	0.00		0.00	0.00		0.00
Crude fiber	g	0.00		0.00	0.00		0.00
Ash	g	0.88		0.75	2.45		3.23
MINERALS:							
Calcium	mg	10		8	27		36
Iron	mg	2.27		1.93	6.33		8.33
Magnesium	mg	19		16	53		69
Phosphorus	mg	167		142	467		614
Potassium	mg	282		240	787		1,037
Sodium	mg	63		54	176		232
Zinc	mg	5.56		4.73	15.52		20.44
Copper	mg	0.100		0.085	0.279		0.367
Manganese	mg	0.013		0.011	0.036		0.048
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0		0.0
Thiamin	mg	0.069		0.059	0.193		0.254
Riboflavin	mg	0.180		0.153	0.502		0.661
Niacin	mg	3.542		3.011	9.882		13.013
Pantothenic acid	mg	0.355		0.302	0.990		1.304
Vitamin B ₆	mg	0.22		0.19	0.61		0.81
Folic acid	mcg	7		6	19		25
Vitamin B ₁₂	mcg	2.30		1.96	6.42		8.45
Vitamin A	{ RE IU	-- --		-- --	-- --		-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.70		12.50	41.02		54.02
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09		0.08	0.25		0.33
12:0	g	0.09		0.07	0.24		0.32
14:0	g	1.13		0.96	3.16		4.17
16:0	g	8.58		7.29	23.94		31.52
18:0	g	4.17		3.54	11.62		15.30
Monounsaturated, total	g	15.54		13.21	43.37		57.11
16:1	g	1.43		1.21	3.99		5.25
18:1	g	13.41		11.40	37.42		49.27
20:1	g	0.06		0.05	0.17		0.23
22:1	g						
Polyunsaturated, total	g	1.22		1.03	3.40		4.47
18:2	g	0.81		0.69	2.26		2.97
18:3	g	0.35		0.30	0.99		1.30
18:4	g						
20:4	g	0.03		0.03	0.09		0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85		72	238		313
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.249		0.212	0.695		0.915
Threonine	g	0.971		0.825	2.709		3.567
Isoleucine	g	1.000		0.850	2.790		3.674
Leucine	g	1.758		1.494	4.905		6.459
Lysine	g	1.850		1.573	5.162		6.797
Methionine	g	0.569		0.484	1.588		2.091
Cystine	g	0.249		0.212	0.695		0.915
Phenylalanine	g	0.868		0.738	2.422		3.189
Tyrosine	g	0.747		0.635	2.084		2.744
Valine	g	1.082		0.920	3.019		3.975
Arginine	g	1.405		1.194	3.920		5.162
Histidine	g	0.761		0.647	2.123		2.796
Alanine	g	1.341		1.140	3.741		4.927
Aspartic acid	g	2.032		1.727	5.669		7.466
Glutamic acid	g	3.341		2.840	9.321		12.275
Glycine	g	1.213		1.031	3.384		4.457
Proline	g	0.982		0.835	2.740		3.608
Serine	g	0.850		0.723	2.372		3.123

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 16%, separable fat 30%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	69.85	0.275	39 ¹	316.83	19.80	171.06
Food energy	170			771	48	416
Protein (N X 6.25)	19.63	0.200	42	89.03	5.56	48.07
Total lipid (fat)	9.54	0.331	35 ¹	43.28	2.70	23.37
Carbohydrate, total	0.00			0.00	0.00	0.00
Crude fiber	0.00			0.00	0.00	0.00
Ash	0.96	0.012	28	4.35	0.27	2.35
MINERALS:						
Calcium	7	0.829	10	30	2	16
Iron	2.11	0.051	37	9.56	0.60	5.16
Magnesium	21	0.318	38	96	6	52
Phosphorus	188	3.352	28	851	53	459
Potassium	341	6.803	38	1,548	97	836
Sodium	66	2.043	38	299	19	161
Zinc	4.90	0.100	35	22.20	1.39	11.99
Copper	0.070	0.001	35	0.318	0.020	0.171
Manganese	0.014			0.064	0.004	0.034
VITAMINS:						
Ascorbic acid	0.0			0.0	0.0	0.0
Thiamin	0.094	0.003	41	0.426	0.027	0.230
Riboflavin	0.161	0.003	39	0.730	0.046	0.394
Niacin	3.104	0.147	41	14.080	0.880	7.602
Pantothenic acid	0.404	0.044	4	1.833	0.115	0.989
Vitamin B ₆	0.34	0.009	4	1.54	0.10	0.83
Folic acid	6	0.327	14	26	2	14
Vitamin B ₁₂	3.23	0.167	41	14.63	0.91	7.90
Vitamin A	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	4.11			18.64	1.16	10.06
4:0						
6:0						
8:0						
10:0	0.01	0.000	43	0.03	0.00	0.01
12:0	0.01	0.000	43	0.03	0.00	0.02
14:0	0.29	0.009	79	1.32	0.08	0.72
16:0	2.32	0.021	79	10.52	0.66	5.68
18:0	1.26	0.026	79	5.73	0.36	3.10
Monounsaturated, total	4.01			18.18	1.14	9.82
16:1	0.37	0.008	79	1.66	0.10	0.90
18:1	3.45	0.039	79	15.63	0.98	8.44
20:1	0.01	0.001	29	0.06	0.00	0.03
22:1						
Polyunsaturated, total	0.38			1.70	0.11	0.92
18:2	0.29	0.013	79	1.32	0.08	0.71
18:3	0.03	0.007	43	0.15	0.01	0.08
18:4						
20:4	0.04	0.005	39	0.16	0.01	0.09
20:5						
22:5						
22:6						
Cholesterol	59	0.881	37	268	17	145
Phytosterols						
AMINO ACIDS:						
Tryptophan	0.220			0.998	0.062	0.539
Threonine	0.857			3.887	0.243	2.099
Isoleucine	0.882			4.001	0.250	2.160
Leucine	1.551			7.035	0.440	3.798
Lysine	1.633			7.407	0.463	3.999
Methionine	0.502			2.277	0.142	1.229
Cystine	0.220			0.998	0.062	0.539
Phenylalanine	0.766			3.475	0.217	1.876
Tyrosine	0.659			2.989	0.187	1.614
Valine	0.955			4.332	0.271	2.339
Arginine	1.240			5.625	0.352	3.037
Histidine	0.672			3.048	0.191	1.646
Alanine	1.184			5.371	0.336	2.900
Aspartic acid	1.793			8.133	0.508	4.391
Glutamic acid	2.948			13.372	0.836	7.220
Glycine	1.071			4.858	0.304	2.623
Proline	0.867			3.933	0.246	2.123
Serine	0.750			3.402	0.213	1.837

¹ Standard error of estimate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%, separable fat 26%
				3 oz = 85 g	1 lb raw AP yields 194 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 60.08			51.07	116.56	148.52
Food energy	{ kcal 233			198	453	577
	{ kJ 976			830	1,894	2,413
Protein (N X 6.25)	g 24.64			20.94	47.80	60.91
Total lipid (fat)	g 14.20			12.07	27.55	35.10
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.08			0.92	2.10	2.67
MINERALS:						
Calcium	mg 8			7	16	21
Iron	mg 2.48			2.11	4.81	6.13
Magnesium	mg 24			20	46	59
Phosphorus	mg 199			169	385	491
Potassium	mg 369			314	716	912
Sodium	mg 70			59	135	172
Zinc	mg 6.25			5.31	12.13	15.45
Copper	mg 0.089			0.076	0.173	0.220
Manganese	mg 0.016			0.014	0.031	0.040
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.087			0.074	0.169	0.215
Riboflavin	mg 0.200			0.170	0.388	0.494
Niacin	mg 3.070			2.610	5.956	7.589
Pantothenic acid	mg 0.407			0.346	0.790	1.006
Vitamin B ₆	mg 0.32			0.27	0.62	0.80
Folacin	mcg 7			6	14	17
Vitamin B ₁₂	mcg 3.26			2.77	6.32	8.06
Vitamin A	{ RE --			--	--	--
	{ IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 6.08			5.17	11.80	15.03
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.01			0.01	0.02	0.02
12:0	g 0.01			0.01	0.02	0.02
14:0	g 0.45			0.38	0.87	1.11
16:0	g 3.40			2.89	6.60	8.41
18:0	g 1.92			1.63	3.73	4.75
Monounsaturated, total	g 6.29			5.35	12.21	15.56
16:1	g 0.51			0.43	0.98	1.25
18:1	g 5.54			4.71	10.75	13.70
20:1	g 0.01			0.01	0.02	0.03
22:1	g					
Polyunsaturated, total	g 0.42			0.36	0.82	1.05
18:2	g 0.34			0.29	0.66	0.84
18:3	g 0.03			0.03	0.06	0.08
18:4	g					
20:4	g 0.04			0.03	0.07	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 82			70	160	204
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.276			0.235	0.535	0.682
Threonine	g 1.076			0.915	2.087	2.660
Isoleucine	g 1.108			0.942	2.150	2.739
Leucine	g 1.947			1.655	3.777	4.813
Lysine	g 2.050			1.743	3.977	5.068
Methionine	g 0.631			0.536	1.224	1.560
Cystine	g 0.276			0.235	0.535	0.682
Phenylalanine	g 0.962			0.818	1.866	2.378
Tyrosine	g 0.828			0.704	1.606	2.047
Valine	g 1.198			1.018	2.324	2.961
Arginine	g 1.557			1.323	3.021	3.849
Histidine	g 0.844			0.717	1.637	2.086
Alanine	g 1.486			1.263	2.883	3.673
Aspartic acid	g 2.251			1.913	4.367	5.564
Glutamic acid	g 3.702			3.147	7.182	9.151
Glycine	g 1.344			1.142	2.607	3.322
Proline	g 1.088			0.925	2.111	2.690
Serine	g 0.942			0.801	1.827	2.329

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, All grades, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse, Bone 19%, separable fat 23%	EP
				3 oz = 85 g	1 lb raw AP yields 200 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g 57.01	0.757	11 ¹	48.46	114.02	150.23	
Food energy	{ kcal 244 kJ 1,019			207 866	487 2,038	642 2,685	
Protein (N x 6.25)	g 27.53	0.637	13	23.40	55.05	72.53	
Total lipid (fat)	g 13.97	0.958	8 ¹	11.88	27.95	36.82	
Carbohydrate, total	g 0.00			0.00	0.00	0.00	
Crude fiber	g 0.00			0.00	0.00	0.00	
Ash	g 1.08	0.019	15	0.91	2.15	2.83	
MINERALS:							
Calcium	mg 8	0.750	11	7	16	21	
Iron	mg 2.82	0.150	11	2.40	5.64	7.43	
Magnesium	mg 25	0.324	11	21	49	65	
Phosphorus	mg 209			177	418	550	
Potassium	mg 357	6.757	11	303	713	940	
Sodium	mg 73	7.193	11	62	146	192	
Zinc	mg 7.46	0.491	8	6.34	14.92	19.66	
Copper	mg 0.105	0.006	8	0.089	0.210	0.277	
Manganese	mg 0.016			0.014	0.032	0.042	
VITAMINS:							
Ascorbic acid	mg 0.0			0.0	0.0	0.0	
Thiamin	mg 0.086	0.009	15	0.073	0.172	0.227	
Riboflavin	mg 0.222	0.008	13	0.189	0.444	0.585	
Niacin	mg 4.448	0.263	13	3.781	8.896	11.720	
Pantothenic acid	mg 0.448	0.042	4	0.381	0.896	1.180	
Vitamin B ₆	mg 0.26	0.016	4	0.22	0.51	0.68	
Folic acid	mcg 9	0.435	14	7	17	23	
Vitamin B ₁₂	mcg 2.61	0.454	15	2.22	5.22	6.88	
Vitamin A	{ RE -- IU --			--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g 5.86			4.98	11.73	15.45	
4:0	g						
6:0	g						
8:0	g						
10:0	g 0.01	0.000	8	0.01	0.02	0.02	
12:0	g 0.01	0.001	8	0.01	0.02	0.03	
14:0	g 0.43	0.040	8	0.37	0.87	1.14	
16:0	g 3.28	0.088	8	2.79	6.56	8.64	
18:0	g 1.85	0.137	8	1.57	3.70	4.88	
Monounsaturated, total	g 6.07			5.16	12.13	15.98	
16:1	g 0.49	0.033	8	0.41	0.97	1.28	
18:1	g 5.34	0.085	8	4.54	10.68	14.07	
20:1	g 0.01	0.004	8	0.01	0.02	0.03	
22:1	g						
Polyunsaturated, total	g 0.41			0.35	0.82	1.08	
18:2	g 0.33	0.025	8	0.28	0.66	0.86	
18:3	g 0.03	0.006	8	0.03	0.06	0.08	
18:4	g						
20:4	g 0.04	0.004	8	0.03	0.07	0.09	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg 81	2.403	8	68	161	212	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g 0.308			0.262	0.616	0.812	
Threonine	g 1.202			1.022	2.404	3.167	
Isoleucine	g 1.238			1.052	2.476	3.262	
Leucine	g 2.176			1.850	4.352	5.734	
Lysine	g 2.290			1.947	4.580	6.034	
Methionine	g 0.705			0.599	1.410	1.858	
Cystine	g 0.308			0.262	0.616	0.812	
Phenylalanine	g 1.075			0.914	2.150	2.833	
Tyrosine	g 0.925			0.786	1.850	2.437	
Valine	g 1.339			1.138	2.678	3.528	
Arginine	g 1.740			1.479	3.480	4.585	
Histidine	g 0.942			0.801	1.884	2.482	
Alanine	g 1.660			1.411	3.320	4.374	
Aspartic acid	g 2.515			2.138	5.030	6.627	
Glutamic acid	g 4.135			3.515	8.270	10.896	
Glycine	g 1.502			1.277	3.004	3.958	
Proline	g 1.216			1.034	2.432	3.204	
Serine	g 1.053			0.895	2.106	2.775	

¹Standard error of estimate.

AH-8-13 (1985)
NDB No. 13114

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%, separable fat 27%
				3 oz = 85 g	1 lb raw AP yields 194 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	59.41			50.50	115.26	146.33
Food energy { kcal	239			203	464	589
{ kJ	1,001			851	1,943	2,466
Protein (N X 6.25) g	24.64			20.94	47.80	60.69
Total lipid (fat) g	14.87			12.64	28.85	36.62
Carbohydrate, total g	0.00			0.00	0.00	0.00
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	1.08			0.92	2.10	2.66
MINERALS:						
Calcium mg	8			7	16	21
Iron mg	2.48			2.11	4.81	6.11
Magnesium mg	24			20	46	59
Phosphorus mg	199			169	385	489
Potassium mg	369			314	716	909
Sodium mg	70			59	135	171
Zinc mg	6.25			5.31	12.13	15.39
Copper mg	0.089			0.076	0.173	0.219
Manganese mg	0.016			0.014	0.031	0.039
VITAMINS:						
Ascorbic acid mg	0.0			0.0	0.0	0.0
Thiamin mg	0.087			0.074	0.169	0.214
Riboflavin mg	0.200			0.170	0.388	0.493
Niacin mg	3.070			2.610	5.956	7.561
Pantothenic acid mg	0.407			0.346	0.790	1.002
Vitamin B ₆ mg	0.32			0.27	0.62	0.79
Folic acid mcg	7			6	14	17
Vitamin B ₁₂ mcg	3.26			2.77	6.32	8.03
Vitamin A { RE	--			--	--	--
{ IU	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	6.23			5.30	12.09	15.35
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.01			0.01	0.02	0.02
12:0 g	0.01			0.01	0.02	0.02
14:0 g	0.46			0.39	0.89	1.14
16:0 g	3.49			2.97	6.77	8.59
18:0 g	1.97			1.67	3.82	4.85
Monounsaturated, total g	6.45			5.48	12.52	15.89
16:1 g	0.52			0.44	1.00	1.28
18:1 g	5.68			4.83	11.02	13.99
20:1 g	0.01			0.01	0.02	0.03
22:1 g						
Polyunsaturated, total g	0.44			0.37	0.85	1.07
18:2 g	0.35			0.30	0.68	0.86
18:3 g	0.03			0.03	0.07	0.08
18:4 g						
20:4 g	0.04			0.03	0.07	0.09
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	82			70	160	203
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.276			0.235	0.535	0.680
Threonine g	1.076			0.915	2.087	2.650
Isoleucine g	1.108			0.942	2.150	2.729
Leucine g	1.947			1.655	3.777	4.795
Lysine g	2.050			1.743	3.977	5.049
Methionine g	0.631			0.536	1.224	1.554
Cystine g	0.276			0.235	0.535	0.680
Phenylalanine g	0.962			0.818	1.866	2.369
Tyrosine g	0.828			0.704	1.606	2.039
Valine g	1.198			1.018	2.324	2.951
Arginine g	1.557			1.323	3.021	3.835
Histidine g	0.844			0.717	1.637	2.079
Alanine g	1.486			1.263	2.883	3.660
Aspartic acid g	2.251			1.913	4.367	5.544
Glutamic acid g	3.702			3.147	7.182	9.118
Glycine g	1.344			1.142	2.607	3.310
Proline g	1.088			0.925	2.111	2.680
Serine g	0.942			0.801	1.827	2.320

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%, separable fat 23%	
				3 oz = 85 g	1 lb raw AP yields 200 g	EP	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	56.75		48.24	113.50	149.03	
Food energy	{ kcal kJ	248 1,036		210 880	495 2,071	650 2,719	
Protein (N X6.25)	g	27.53		23.40	55.05	72.28	
Total lipid (fat)	g	14.41		12.25	28.82	37.84	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.08		0.91	2.15	2.82	
MINERALS:							
Calcium	mg	8		7	16	21	
Iron	mg	2.82		2.40	5.64	7.41	
Magnesium	mg	25		21	49	64	
Phosphorus	mg	209		177	418	548	
Potassium	mg	357		303	713	937	
Sodium	mg	73		62	146	192	
Zinc	mg	7.46		6.34	14.92	19.59	
Copper	mg	0.105		0.089	0.210	0.276	
Manganese	mg	0.016		0.014	0.032	0.042	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.086		0.073	0.172	0.226	
Riboflavin	mg	0.222		0.189	0.444	0.583	
Niacin	mg	4.448		3.781	8.896	11.680	
Pantothenic acid	mg	0.448		0.381	0.896	1.176	
Vitamin B ₆	mg	0.26		0.22	0.51	0.67	
Folic acid	mcg	9		7	17	23	
Vitamin B ₁₂	mcg	2.61		2.22	5.22	6.86	
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.17		5.25	12.34	16.21	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.01	0.02	0.02	
12:0	g	0.01		0.01	0.02	0.03	
14:0	g	0.46		0.39	0.91	1.20	
16:0	g	3.46		2.94	6.91	9.07	
18:0	g	1.95		1.66	3.90	5.12	
Monounsaturated, total	g	6.39		5.43	12.77	16.77	
16:1	g	0.51		0.44	1.02	1.34	
18:1	g	5.62		4.78	11.25	14.77	
20:1	g	0.01		0.01	0.02	0.03	
22:1	g						
Polyunsaturated, total	g	0.43		0.37	0.86	1.13	
18:2	g	0.35		0.29	0.69	0.91	
18:3	g	0.03		0.03	0.07	0.09	
18:4	g						
20:4	g	0.04		0.03	0.07	0.10	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81		68	161	212	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.308		0.262	0.616	0.809	
Threonine	g	1.202		1.022	2.404	3.156	
Isoleucine	g	1.238		1.052	2.476	3.251	
Leucine	g	2.176		1.850	4.352	5.714	
Lysine	g	2.290		1.947	4.580	6.014	
Methionine	g	0.705		0.599	1.410	1.851	
Cystine	g	0.308		0.262	0.616	0.809	
Phenylalanine	g	1.075		0.914	2.150	2.823	
Tyrosine	g	0.925		0.786	1.850	2.429	
Valine	g	1.339		1.138	2.678	3.516	
Arginine	g	1.740		1.479	3.480	4.569	
Histidine	g	0.942		0.801	1.884	2.474	
Alanine	g	1.660		1.411	3.320	4.359	
Aspartic acid	g	2.515		2.138	5.030	6.604	
Glutamic acid	g	4.135		3.515	8.270	10.859	
Glycine	g	1.502		1.277	3.004	3.944	
Proline	g	1.216		1.034	2.432	3.193	
Serine	g	1.053		0.895	2.106	2.765	

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%, separable fat 27%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.05		322.30	20.14	179.55
Food energy	{ kcal . .	158		715	45	399
	{ kJ . . .	660		2,993	187	1,668
Protein (N X6 .25)	g . . .	19.63		89.03	5.56	49.60
Total lipid (fat)	g . . .	8.20		37.17	2.32	20.71
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.96		4.35	0.27	2.43
MINERALS:						
Calcium	mg . . .	7		30	2	17
Iron	mg . . .	2.11		9.56	0.60	5.32
Magnesium	mg . . .	21		96	6	53
Phosphorus	mg . . .	188		851	53	474
Potassium	mg . . .	341		1,548	97	862
Sodium	mg . . .	66		299	19	166
Zinc	mg . . .	4.90		22.20	1.39	12.37
Copper	mg . . .	0.070		0.318	0.020	0.177
Manganese	mg . . .	0.014		0.064	0.004	0.035
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.094		0.426	0.027	0.238
Riboflavin	mg . . .	0.161		0.730	0.046	0.407
Niacin	mg . . .	3.104		14.080	0.880	7.844
Pantothenic acid	mg . . .	0.404		1.833	0.115	1.021
Vitamin B ₆	mg . . .	0.34		1.54	0.10	0.86
Folacin	mcg . . .	6		26	2	14
Vitamin B ₁₂	mcg . . .	3.23		14.63	0.91	8.15
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.53		16.01	1.00	8.92
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.02	0.00	0.01
12:0	g . . .	0.01		0.03	0.00	0.02
14:0	g . . .	0.25		1.14	0.07	0.63
16:0	g . . .	1.99		9.04	0.56	5.03
18:0	g . . .	1.09		4.92	0.31	2.74
Monounsaturated, total	g . . .	3.44		15.61	0.98	8.70
16:1	g . . .	0.31		1.42	0.09	0.79
18:1	g . . .	2.96		13.42	0.84	7.48
20:1	g . . .	0.01		0.05	0.00	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.32		1.46	0.09	0.81
18:2	g . . .	0.25		1.13	0.07	0.63
18:3	g . . .	0.03		0.12	0.01	0.07
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.08
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		268	17	149
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.220		0.998	0.062	0.556
Threonine	g . . .	0.857		3.887	0.243	2.166
Isoleucine	g . . .	0.882		4.001	0.250	2.229
Leucine	g . . .	1.551		7.035	0.440	3.919
Lysine	g . . .	1.633		7.407	0.463	4.127
Methionine	g . . .	0.502		2.277	0.142	1.269
Cystine	g . . .	0.220		0.998	0.062	0.556
Phenylalanine	g . . .	0.766		3.475	0.217	1.936
Tyrosine	g . . .	0.659		2.989	0.187	1.665
Valine	g . . .	0.955		4.332	0.271	2.413
Arginine	g . . .	1.240		5.625	0.352	3.133
Histidine	g . . .	0.672		3.048	0.191	1.698
Alanine	g . . .	1.184		5.371	0.336	2.992
Aspartic acid	g . . .	1.793		8.133	0.508	4.531
Glutamic acid	g . . .	2.948		13.372	0.836	7.450
Glycine	g . . .	1.071		4.858	0.304	2.706
Proline	g . . .	0.867		3.933	0.246	2.191
Serine	g . . .	0.750		3.402	0.213	1.895

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%, separable fat 24%
				3 oz = 85 g	1 lb raw AP yields 199 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	62.07		52.76	123.52	157.41
Food energy	{ <i>kcal</i> <i>kJ</i>	215 901		183 766	428 1,792	546 2,284
Protein (N X6.25)	g	24.64		20.94	49.03	62.49
Total lipid (fat)	g	12.20		10.37	24.28	30.94
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.08		0.92	2.15	2.74
MINERALS:						
Calcium	mg	8		7	17	21
Iron	mg	2.48		2.11	4.94	6.29
Magnesium	mg	24		20	48	61
Phosphorus	mg	199		169	395	504
Potassium	mg	369		314	734	936
Sodium	mg	70		59	139	177
Zinc	mg	6.25		5.31	12.44	15.85
Copper	mg	0.089		0.076	0.177	0.226
Manganese	mg	0.016		0.014	0.032	0.041
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.087		0.074	0.173	0.221
Riboflavin	mg	0.200		0.170	0.398	0.507
Niacin	mg	3.070		2.610	6.109	7.786
Pantothenic acid	mg	0.407		0.346	0.810	1.032
Vitamin B ₆	mg	0.32		0.27	0.64	0.82
Folacin	mcg	7		6	14	18
Vitamin B ₁₂	mcg	3.26		2.77	6.49	8.27
Vitamin A	{ <i>RE</i> <i>IU</i>	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	5.22		4.44	10.39	13.24
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.01	0.01	0.02
12:0	g	0.01		0.01	0.02	0.02
14:0	g	0.39		0.33	0.77	0.98
16:0	g	2.92		2.48	5.82	7.41
18:0	g	1.65		1.40	3.28	4.18
Monounsaturated, total	g	5.40		4.59	10.75	13.70
16:1	g	0.43		0.37	0.86	1.10
18:1	g	4.76		4.05	9.47	12.07
20:1	g	0.01		0.01	0.02	0.02
22:1	g					
Polyunsaturated, total	g	0.37		0.31	0.73	0.93
18:2	g	0.29		0.25	0.58	0.74
18:3	g	0.03		0.02	0.06	0.07
18:4	g					
20:4	g	0.03		0.03	0.06	0.08
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	82		70	164	209
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.276		0.235	0.549	0.700
Threonine	g	1.076		0.915	2.141	2.729
Isoleucine	g	1.108		0.942	2.205	2.810
Leucine	g	1.947		1.655	3.875	4.938
Lysine	g	2.050		1.743	4.080	5.199
Methionine	g	0.631		0.536	1.256	1.600
Cystine	g	0.276		0.235	0.549	0.700
Phenylalanine	g	0.962		0.818	1.914	2.440
Tyrosine	g	0.828		0.704	1.648	2.100
Valine	g	1.198		1.018	2.384	3.038
Arginine	g	1.557		1.323	3.098	3.949
Histidine	g	0.844		0.717	1.680	2.140
Alanine	g	1.486		1.263	2.957	3.768
Aspartic acid	g	2.251		1.913	4.479	5.709
Glutamic acid	g	3.702		3.147	7.367	9.388
Glycine	g	1.344		1.142	2.675	3.408
Proline	g	1.088		0.925	2.165	2.759
Serine	g	0.942		0.801	1.875	2.389

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%, separable fat 23%
				3 oz = 85 g	1 lb raw AP yields 202 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.79		49.12	116.74	153.39
Food energy	{ kcal . .	232		197	468	615
	{ kJ . . .	970		824	1,959	2,574
Protein (N X6.25)	g . . .	27.53		23.40	55.60	73.05
Total lipid (fat)	g . . .	12.67		10.77	25.58	33.61
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.08		0.91	2.17	2.85
MINERALS:						
Calcium	mg . . .	8		7	16	21
Iron	mg . . .	2.82		2.40	5.70	7.49
Magnesium	mg . . .	25		21	50	65
Phosphorus	mg . . .	209		177	422	554
Potassium	mg . . .	357		303	720	947
Sodium	mg . . .	73		62	148	194
Zinc	mg . . .	7.46		6.34	15.07	19.80
Copper	mg . . .	0.105		0.089	0.212	0.279
Manganese	mg . . .	0.016		0.014	0.032	0.042
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.086		0.073	0.174	0.228
Riboflavin	mg . . .	0.222		0.189	0.448	0.589
Niacin	mg . . .	4.448		3.781	8.985	11.805
Pantothenic acid.	mg . . .	0.448		0.381	0.905	1.189
Vitamin B ₆	mg . . .	0.26		0.22	0.52	0.68
Folacin	mcg . . .	9		7	17	23
Vitamin B ₁₂	mcg . . .	2.61		2.22	5.28	6.93
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.42		4.61	10.95	14.39
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.01	0.01	0.02
12:0	g . . .	0.01		0.01	0.02	0.02
14:0	g . . .	0.40		0.34	0.81	1.06
16:0	g . . .	3.04		2.58	6.13	8.05
18:0	g . . .	1.71		1.46	3.46	4.55
Monounsaturated, total	g . . .	5.61		4.77	11.34	14.89
16:1	g . . .	0.45		0.38	0.91	1.19
18:1	g . . .	4.94		4.20	9.98	13.11
20:1	g . . .	0.01		0.01	0.02	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.38		0.32	0.77	1.01
18:2	g . . .	0.30		0.26	0.61	0.80
18:3	g . . .	0.03		0.02	0.06	0.08
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.06	0.08
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	81		68	163	214
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.308		0.262	0.622	0.817
Threonine	g . . .	1.202		1.022	2.428	3.190
Isoleucine	g . . .	1.238		1.052	2.501	3.286
Leucine	g . . .	2.176		1.850	4.396	5.775
Lysine	g . . .	2.290		1.947	4.626	6.078
Methionine	g . . .	0.705		0.599	1.424	1.871
Cystine	g . . .	0.308		0.262	0.622	0.817
Phenylalanine	g . . .	1.075		0.914	2.172	2.853
Tyrosine	g . . .	0.925		0.786	1.869	2.455
Valine	g . . .	1.339		1.138	2.705	3.554
Arginine	g . . .	1.740		1.479	3.515	4.618
Histidine	g . . .	0.942		0.801	1.903	2.500
Alanine	g . . .	1.660		1.411	3.353	4.406
Aspartic acid	g . . .	2.515		2.138	5.080	6.675
Glutamic acid.	g . . .	4.135		3.515	8.353	10.974
Glycine	g . . .	1.502		1.277	3.034	3.986
Proline	g . . .	1.216		1.034	2.456	3.227
Serine	g . . .	1.053		0.895	2.127	2.795

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 14%, separable fat 32%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	65.83			298.61	18.66	161.55
Food energy { kcal . . .	210			954	60	516
{ kJ . . .	880			3,992	250	2,160
Protein (N X 6.25) g . . .	19.63			89.03	5.56	48.17
Total lipid (fat) g . . .	14.03			63.64	3.98	34.43
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.96			4.35	0.27	2.36
MINERALS:						
Calcium mg . . .	7			30	2	16
Iron mg . . .	2.11			9.56	0.60	5.17
Magnesium mg . . .	21			96	6	52
Phosphorus mg . . .	188			851	53	460
Potassium mg . . .	341			1,548	97	837
Sodium mg . . .	66			299	19	162
Zinc mg . . .	4.90			22.20	1.39	12.01
Copper mg . . .	0.070			0.318	0.020	0.172
Manganese mg . . .	0.014			0.064	0.004	0.034
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.094			0.426	0.027	0.231
Riboflavin mg . . .	0.161			0.730	0.046	0.395
Niacin mg . . .	3.104			14.080	0.880	7.617
Pantothenic acid mg . . .	0.404			1.833	0.115	0.991
Vitamin B ₆ mg . . .	0.34			1.54	0.10	0.83
Folic acid mcg . . .	6			26	2	14
Vitamin B ₁₂ mcg . . .	3.23			14.63	0.91	7.92
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	6.05			27.44	1.71	14.84
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.01			0.04	0.00	0.02
12:0 g . . .	0.01			0.05	0.00	0.03
14:0 g . . .	0.43			1.95	0.12	1.06
16:0 g . . .	3.41			15.49	0.97	8.38
18:0 g . . .	1.86			8.44	0.53	4.56
Monounsaturated, total g . . .	5.90			26.75	1.67	14.47
16:1 g . . .	0.54			2.44	0.15	1.32
18:1 g . . .	5.07			23.00	1.44	12.44
20:1 g . . .	0.02			0.09	0.01	0.05
22:1 g . . .						
Polyunsaturated, total g . . .	0.55			2.51	0.16	1.36
18:2 g . . .	0.43			1.94	0.12	1.05
18:3 g . . .	0.05			0.21	0.01	0.12
18:4 g . . .						
20:4 g . . .	0.05			0.24	0.02	0.13
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	59			268	17	145
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.220			0.998	0.062	0.540
Threonine g . . .	0.857			3.887	0.243	2.103
Isoleucine g . . .	0.882			4.001	0.250	2.164
Leucine g . . .	1.551			7.035	0.440	3.806
Lysine g . . .	1.633			7.407	0.463	4.007
Methionine g . . .	0.502			2.277	0.142	1.232
Cystine g . . .	0.220			0.998	0.062	0.540
Phenylalanine g . . .	0.766			3.475	0.217	1.880
Tyrosine g . . .	0.659			2.989	0.187	1.617
Valine g . . .	0.955			4.332	0.271	2.344
Arginine g . . .	1.240			5.625	0.352	3.043
Histidine g . . .	0.672			3.048	0.191	1.649
Alanine g . . .	1.184			5.371	0.336	2.906
Aspartic acid g . . .	1.793			8.133	0.508	4.400
Glutamic acid g . . .	2.948			13.372	0.836	7.234
Glycine g . . .	1.071			4.858	0.304	2.628
Proline g . . .	0.867			3.933	0.246	2.128
Serine g . . .	0.750			3.402	0.213	1.841

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 16%, separable fat 28%
				3 oz = 85 g	1 lb raw AP yields 196 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	53.40		45.39	104.66	133.45
Food energy	{ kcal kJ	294 1,228		250 1,044	575 2,407	734 3,069
Protein (N X6, 25)	g	24.64		20.94	48.29	61.58
Total lipid (fat)	g	20.88		17.75	40.92	52.18
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.08		0.92	2.12	2.70
MINERALS:						
Calcium	mg	8		7	17	21
Iron	mg	2.48		2.11	4.86	6.20
Magnesium	mg	24		20	47	60
Phosphorus	mg	199		169	389	496
Potassium	mg	369		314	723	922
Sodium	mg	70		59	136	174
Zinc	mg	6.25		5.31	12.25	15.62
Copper	mg	0.089		0.076	0.174	0.222
Manganese	mg	0.016		0.014	0.031	0.040
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.087		0.074	0.171	0.217
Riboflavin	mg	0.200		0.170	0.392	0.500
Niacin	mg	3.070		2.610	6.017	7.672
Pantothenic acid	mg	0.407		0.346	0.798	1.017
Vitamin B ₆	mg	0.32		0.27	0.63	0.80
Folic acid	mcg	7		6	14	17
Vitamin B ₁₂	mcg	3.26		2.77	6.39	8.15
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.94		7.60	17.52	22.34
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.01	0.02	0.03
12:0	g	0.02		0.01	0.03	0.04
14:0	g	0.66		0.56	1.30	1.65
16:0	g	5.00		4.25	9.81	12.50
18:0	g	2.82		2.40	5.54	7.06
Monounsaturated, total	g	9.25		7.86	18.13	23.12
16:1	g	0.74		0.63	1.45	1.85
18:1	g	8.15		6.92	15.96	20.35
20:1	g	0.02		0.01	0.03	0.04
22:1	g					
Polyunsaturated, total	g	0.63		0.53	1.23	1.56
18:2	g	0.50		0.43	0.98	1.25
18:3	g	0.05		0.04	0.09	0.12
18:4	g					
20:4	g	0.05		0.05	0.10	0.13
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	82		70	162	206
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.276		0.235	0.541	0.690
Threonine	g	1.076		0.915	2.109	2.689
Isoleucine	g	1.108		0.942	2.172	2.769
Leucine	g	1.947		1.655	3.816	4.866
Lysine	g	2.050		1.743	4.018	5.123
Methionine	g	0.631		0.536	1.237	1.577
Cystine	g	0.276		0.235	0.541	0.690
Phenylalanine	g	0.962		0.818	1.886	2.404
Tyrosine	g	0.828		0.704	1.623	2.069
Valine	g	1.198		1.018	2.348	2.994
Arginine	g	1.557		1.323	3.052	3.891
Histidine	g	0.844		0.717	1.654	2.109
Alanine	g	1.486		1.263	2.913	3.714
Aspartic acid	g	2.251		1.913	4.412	5.625
Glutamic acid	g	3.702		3.147	7.256	9.251
Glycine	g	1.344		1.142	2.634	3.359
Proline	g	1.088		0.925	2.132	2.719
Serine	g	0.942		0.801	1.846	2.354

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%, separable fat 25%
				3 oz = 85 g	1 lb raw AP yields 192 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	54.41		46.25	104.46	137.21
Food energy	{ <i>kcal</i> <i>kJ</i>	283 1,184		241 1,006	543 2,273	714 2,986
Protein (N X 6.25)	g	27.53		23.40	52.85	69.42
Total lipid (fat)	g	18.34		15.59	35.21	46.25
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.08		0.91	2.06	2.71
MINERALS:						
Calcium	mg	8		7	15	20
Iron	mg	2.82		2.40	5.42	7.11
Magnesium	mg	25		21	47	62
Phosphorus	mg	209		177	401	527
Potassium	mg	357		303	685	899
Sodium	mg	73		62	140	184
Zinc	mg	7.46		6.34	14.33	18.82
Copper	mg	0.105		0.089	0.202	0.265
Manganese	mg	0.016		0.014	0.031	0.040
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.086		0.073	0.165	0.217
Riboflavin	mg	0.222		0.189	0.426	0.560
Niacin	mg	4.448		3.781	8.540	11.218
Pantothenic acid	mg	0.448		0.381	0.860	1.130
Vitamin B ₆	mg	0.26		0.22	0.49	0.65
Folic acid	mcg	9		7	17	22
Vitamin B ₁₂	mcg	2.61		2.22	5.02	6.59
Vitamin A	{ <i>RE</i> <i>IU</i>	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.85		6.67	15.08	19.80
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.01	0.02	0.03
12:0	g	0.01		0.01	0.02	0.03
14:0	g	0.58		0.49	1.12	1.47
16:0	g	4.40		3.74	8.44	11.08
18:0	g	2.48		2.11	4.76	6.26
Monounsaturated, total	g	8.13		6.91	15.60	20.50
16:1	g	0.65		0.55	1.25	1.64
18:1	g	7.16		6.08	13.74	18.05
20:1	g	0.01		0.01	0.03	0.04
22:1	g					
Polyunsaturated, total	g	0.55		0.47	1.05	1.38
18:2	g	0.44		0.37	0.84	1.11
18:3	g	0.04		0.04	0.08	0.11
18:4	g					
20:4	g	0.05		0.04	0.09	0.12
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	81		68	155	203
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.308		0.262	0.591	0.777
Threonine	g	1.202		1.022	2.308	3.031
Isoleucine	g	1.238		1.052	2.377	3.122
Leucine	g	2.176		1.850	4.178	5.488
Lysine	g	2.290		1.947	4.397	5.775
Methionine	g	0.705		0.599	1.354	1.778
Cystine	g	0.308		0.262	0.591	0.777
Phenylalanine	g	1.075		0.914	2.064	2.711
Tyrosine	g	0.925		0.786	1.776	2.333
Valine	g	1.339		1.138	2.571	3.377
Arginine	g	1.740		1.479	3.341	4.388
Histidine	g	0.942		0.801	1.809	2.376
Alanine	g	1.660		1.411	3.187	4.187
Aspartic acid	g	2.515		2.138	4.829	6.343
Glutamic acid	g	4.135		3.515	7.939	10.428
Glycine	g	1.502		1.277	2.884	3.788
Proline	g	1.216		1.034	2.335	3.067
Serine	g	1.053		0.895	2.022	2.656

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	55.63		252.32	15.77	209.43
Food energy	{ kcal . . .	306		1,387	87	1,151
	{ kJ . . .	1,279		5,802	363	4,816
Protein (N X6, 25)	g . . .	16.73		75.90	4.74	63.00
Total lipid (fat)	g . . .	25.97		117.81	7.36	97.78
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.80		3.62	0.23	3.01
MINERALS:						
Calcium	mg . . .	10		46	3	38
Iron	mg . . .	1.77		8.04	0.50	6.68
Magnesium	mg . . .	17		76	5	63
Phosphorus	mg . . .	160		725	45	602
Potassium	mg . . .	285		1,294	81	1,074
Sodium	mg . . .	54		243	15	202
Zinc	mg . . .	3.62		16.41	1.03	13.62
Copper	mg . . .	0.057		0.259	0.016	0.215
Manganese	mg . . .	0.012		0.054	0.003	0.045
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.079		0.358	0.022	0.297
Riboflavin	mg . . .	0.125		0.567	0.035	0.471
Niacin	mg . . .	3.080		13.971	0.873	11.596
Pantothenic acid	mg . . .	0.281		1.275	0.080	1.058
Vitamin B ₆	mg . . .	0.35		1.58	0.10	1.31
Folacin	mcg . . .	5		24	2	20
Vitamin B ₁₂	mcg . . .	2.97		13.45	0.84	11.17
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	11.26		51.08	3.19	42.39
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.09		0.41	0.03	0.34
12:0	g . . .	0.06		0.28	0.02	0.23
14:0	g . . .	0.85		3.84	0.24	3.19
16:0	g . . .	6.39		29.00	1.81	24.07
18:0	g . . .	3.25		14.73	0.92	12.23
Monounsaturated, total	g . . .	11.81		53.55	3.35	44.45
16:1	g . . .	1.31		5.93	0.37	4.92
18:1	g . . .	9.95		45.12	2.82	37.45
20:1	g . . .	0.04		0.17	0.01	0.14
22:1	g . . .					
Polyunsaturated, total	g . . .	0.93		4.21	0.26	3.49
18:2	g . . .	0.59		2.67	0.17	2.22
18:3	g . . .	0.31		1.42	0.09	1.18
18:4	g . . .					
20:4	g . . .	0.02		0.08	0.00	0.06
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	70		318	20	264
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.187		0.848	0.053	0.704
Threonine	g . . .	0.731		3.316	0.207	2.752
Isoleucine	g . . .	0.752		3.411	0.213	2.831
Leucine	g . . .	1.322		5.997	0.375	4.977
Lysine	g . . .	1.392		6.314	0.395	5.241
Methionine	g . . .	0.428		1.941	0.121	1.611
Cystine	g . . .	0.187		0.848	0.053	0.704
Phenylalanine	g . . .	0.653		2.962	0.185	2.459
Tyrosine	g . . .	0.562		2.549	0.159	2.116
Valine	g . . .	0.814		3.692	0.231	3.065
Arginine	g . . .	1.057		4.795	0.300	3.980
Histidine	g . . .	0.573		2.599	0.162	2.157
Alanine	g . . .	1.009		4.577	0.286	3.799
Aspartic acid	g . . .	1.529		6.936	0.433	5.757
Glutamic acid	g . . .	2.514		11.404	0.713	9.465
Glycine	g . . .	0.913		4.141	0.259	3.437
Proline	g . . .	0.739		3.352	0.210	2.782
Serine	g . . .	0.640		2.903	0.181	2.410

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, All grades, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%
				3 oz = 85 g	1 lb raw AP yields 291 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	49.50		42.07	144.03	182.09
Food energy	{ kcal	326		277	950	1,201
	{ kJ	1,366		1,161	3,974	5,024
Protein (N X 6.25)	g	24.04		20.43	69.94	88.43
Total lipid (fat)	g	24.81		21.09	72.19	91.26
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.05		0.90	3.06	3.87
MINERALS:						
Calcium	mg	13		11	39	49
Iron	mg	2.22		1.89	6.46	8.16
Magnesium	mg	22		19	65	82
Phosphorus	mg	177		151	516	653
Potassium	mg	331		281	964	1,218
Sodium	mg	62		53	181	229
Zinc	mg	5.70		4.85	16.60	20.99
Copper	mg	0.097		0.082	0.282	0.357
Manganese	mg	0.013		0.011	0.038	0.048
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.088		0.075	0.256	0.324
Riboflavin	mg	0.187		0.159	0.544	0.688
Niacin	mg	4.053		3.445	11.794	14.911
Pantothenic acid	mg	0.296		0.252	0.861	1.089
Vitamin B ₆	mg	0.34		0.29	0.99	1.25
Folacin	mcg	7		6	21	26
Vitamin B ₁₂	mcg	2.93		2.49	8.52	10.78
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.49		8.92	30.53	38.60
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.07		0.06	0.19	0.24
12:0	g	0.06		0.05	0.18	0.23
14:0	g	0.81		0.69	2.36	2.98
16:0	g	6.15		5.23	17.90	22.63
18:0	g	2.95		2.51	8.58	10.85
Monounsaturated, total	g	11.10		9.43	32.30	40.83
16:1	g	1.01		0.86	2.95	3.73
18:1	g	9.59		8.15	27.90	35.28
20:1	g	0.04		0.04	0.12	0.15
22:1	g					
Polyunsaturated, total	g	0.87		0.74	2.54	3.22
18:2	g	0.58		0.49	1.68	2.13
18:3	g	0.26		0.22	0.75	0.95
18:4	g					
20:4	g	0.03		0.02	0.08	0.10
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	84		71	244	308
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.269		0.229	0.783	0.990
Threonine	g	1.050		0.893	3.056	3.863
Isoleucine	g	1.081		0.919	3.146	3.977
Leucine	g	1.900		1.615	5.529	6.990
Lysine	g	2.000		1.700	5.820	7.358
Methionine	g	0.615		0.523	1.790	2.263
Cystine	g	0.269		0.229	0.783	0.990
Phenylalanine	g	0.938		0.797	2.730	3.451
Tyrosine	g	0.808		0.687	2.351	2.973
Valine	g	1.169		0.994	3.402	4.301
Arginine	g	1.519		1.291	4.420	5.588
Histidine	g	0.823		0.700	2.395	3.028
Alanine	g	1.450		1.233	4.220	5.335
Aspartic acid	g	2.196		1.867	6.390	8.079
Glutamic acid	g	3.611		3.069	10.508	13.285
Glycine	g	1.311		1.114	3.815	4.823
Proline	g	1.061		0.902	3.088	3.903
Serine	g	0.919		0.781	2.674	3.381

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 lb raw AP yields 273 g EP	Refuse: Bone 21%
A	B	C	D	E	F	G
PROXIMATE:						
Water g	47.52			40.39	129.72	170.68
Food energy { kcal	359			305	981	1,291
{ kJ	1,504			1,278	4,105	5,401
Protein (N X6.25) g	22.27			18.93	60.79	79.98
Total lipid (fat) g	29.30			24.91	80.00	105.26
Carbohydrate, total g	0.00			0.00	0.00	0.00
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	0.91			0.78	2.49	3.28
MINERALS:						
Calcium mg	13			11	36	48
Iron mg	1.95			1.66	5.33	7.02
Magnesium mg	20			17	55	72
Phosphorus mg	179			152	488	643
Potassium mg	325			276	887	1,167
Sodium mg	65			56	179	235
Zinc mg	4.86			4.13	13.26	17.45
Copper mg	0.089			0.076	0.243	0.320
Manganese mg	0.013			0.011	0.035	0.047
VITAMINS:						
Ascorbic acid mg	0.0			0.0	0.0	0.0
Thiamin mg	0.065			0.055	0.177	0.233
Riboflavin mg	0.165			0.140	0.450	0.593
Niacin mg	3.052			2.594	8.332	10.963
Pantothenic acid mg	0.357			0.303	0.975	1.282
Vitamin B ₆ mg	0.31			0.26	0.84	1.10
Folic acid mcg	7			6	19	25
Vitamin B ₁₂ mcg	2.88			2.45	7.87	10.36
Vitamin A { RE	--			--	--	--
{ IU	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	12.40			10.54	33.85	44.54
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.08			0.07	0.22	0.29
12:0 g	0.08			0.06	0.20	0.27
14:0 g	0.96			0.82	2.62	3.44
16:0 g	7.27			6.18	19.86	26.13
18:0 g	3.48			2.95	9.49	12.49
Monounsaturated, total g	13.12			11.15	35.81	47.12
16:1 g	1.20			1.02	3.28	4.32
18:1 g	11.33			9.63	30.93	40.69
20:1 g	0.05			0.04	0.14	0.18
22:1 g						
Polyunsaturated, total g	1.04			0.88	2.84	3.73
18:2 g	0.68			0.58	1.87	2.46
18:3 g	0.31			0.26	0.85	1.11
18:4 g						
20:4 g	0.03			0.02	0.08	0.10
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	85			72	231	304
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.249			0.212	0.680	0.894
Threonine g	0.972			0.826	2.654	3.491
Isoleucine g	1.001			0.851	2.733	3.596
Leucine g	1.760			1.496	4.805	6.322
Lysine g	1.852			1.574	5.056	6.652
Methionine g	0.570			0.485	1.556	2.047
Cystine g	0.249			0.212	0.680	0.894
Phenylalanine g	0.869			0.739	2.372	3.121
Tyrosine g	0.748			0.636	2.042	2.687
Valine g	1.083			0.921	2.957	3.890
Arginine g	1.407			1.196	3.841	5.054
Histidine g	0.762			0.648	2.080	2.737
Alanine g	1.343			1.142	3.666	4.824
Aspartic acid g	2.034			1.729	5.553	7.306
Glutamic acid g	3.345			2.843	9.132	12.015
Glycine g	1.215			1.033	3.317	4.364
Proline g	0.983			0.836	2.684	3.531
Serine g	0.851			0.723	2.323	3.057

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	55.04		249.66	15.60	207.44
Food energy	{ kcal kJ	312 1,306		1,416 5,925	89 370	1,177 4,923
Protein (N X6, 25)	g	16.65		75.52	4.72	62.75
Total lipid (fat)	g	26.73		121.26	7.58	100.75
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.79		3.60	0.23	2.99
MINERALS:						
Calcium	mg	10		46	3	38
Iron	mg	1.76		8.00	0.50	6.64
Magnesium	mg	17		76	5	63
Phosphorus	mg	159		721	45	599
Potassium	mg	283		1,284	80	1,067
Sodium	mg	53		242	15	201
Zinc	mg	3.59		16.29	1.02	13.53
Copper	mg	0.057		0.259	0.016	0.215
Manganese	mg	0.012		0.054	0.003	0.045
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.078		0.354	0.022	0.294
Riboflavin	mg	0.124		0.562	0.035	0.467
Niacin	mg	3.063		13.894	0.868	11.544
Pantothenic acid	mg	0.279		1.266	0.079	1.052
Vitamin B ₆	mg	0.35		1.57	0.10	1.31
Folic acid	mcg	5		24	2	20
Vitamin B ₁₂	mcg	2.95		13.39	0.84	11.12
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	11.58		52.55	3.28	43.66
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.09		0.42	0.03	0.35
12:0	g	0.06		0.29	0.02	0.24
14:0	g	0.87		3.95	0.25	3.28
16:0	g	6.58		29.85	1.87	24.80
18:0	g	3.34		15.16	0.95	12.60
Monounsaturated, total	g	12.15		55.12	3.45	45.80
16:1	g	1.34		6.10	0.38	5.07
18:1	g	10.24		46.45	2.90	38.59
20:1	g	0.04		0.17	0.01	0.14
22:1	g					
Polyunsaturated, total	g	0.96		4.33	0.27	3.60
18:2	g	0.61		2.75	0.17	2.29
18:3	g	0.32		1.46	0.09	1.21
18:4	g					
20:4	g	0.02		0.08	0.01	0.07
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	70		319	20	265
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.186		0.844	0.053	0.701
Threonine	g	0.727		3.298	0.206	2.740
Isoleucine	g	0.748		3.393	0.212	2.819
Leucine	g	1.316		5.969	0.373	4.960
Lysine	g	1.385		6.282	0.393	5.220
Methionine	g	0.426		1.932	0.121	1.606
Cystine	g	0.186		0.844	0.053	0.701
Phenylalanine	g	0.650		2.948	0.184	2.450
Tyrosine	g	0.559		2.536	0.158	2.107
Valine	g	0.810		3.674	0.230	3.053
Arginine	g	1.052		4.772	0.298	3.965
Histidine	g	0.570		2.586	0.162	2.148
Alanine	g	1.004		4.554	0.285	3.784
Aspartic acid	g	1.521		6.899	0.431	5.733
Glutamic acid	g	2.501		11.345	0.709	9.426
Glycine	g	0.908		4.119	0.257	3.422
Proline	g	0.735		3.334	0.208	2.770
Serine	g	0.636		2.885	0.180	2.397

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 lb raw AP yields 291 g EP	Refuse: Bone 19%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	49.06		41.70	142.78	180.70
Food energy	{ kcal . . . kJ . . .	332 1,388		282 1,180	965 4,038	1,222 5,111
Protein (N X 6.25)	g . . .	23.95		20.36	69.69	88.20
Total lipid (fat)	g . . .	25.43		21.62	74.01	93.67
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.05		0.89	3.05	3.86
MINERALS:						
Calcium	mg . . .	13		11	39	49
Iron	mg . . .	2.21		1.88	6.43	8.14
Magnesium	mg . . .	22		19	65	82
Phosphorus	mg . . .	177		150	514	651
Potassium	mg . . .	330		280	960	1,214
Sodium	mg . . .	62		53	181	229
Zinc	mg . . .	5.68		4.82	16.52	20.90
Copper	mg . . .	0.097		0.082	0.282	0.357
Manganese	mg . . .	0.013		0.011	0.038	0.048
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.088		0.075	0.256	0.324
Riboflavin	mg . . .	0.186		0.158	0.541	0.685
Niacin	mg . . .	4.037		3.431	11.748	14.868
Pantothenic acid	mg . . .	0.295		0.251	0.858	1.086
Vitamin B ₆	mg . . .	0.34		0.29	0.98	1.24
Folic acid	mcg . . .	7		6	21	26
Vitamin B ₁₂	mcg . . .	2.92		2.48	8.50	10.75
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.76		9.15	31.31	39.63
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.06	0.20	0.25
12:0	g . . .	0.06		0.05	0.19	0.24
14:0	g . . .	0.83		0.71	2.42	3.06
16:0	g . . .	6.31		5.36	18.35	23.23
18:0	g . . .	3.03		2.57	8.81	11.14
Monounsaturated, total	g . . .	11.38		9.67	33.11	41.91
16:1	g . . .	1.04		0.88	3.02	3.82
18:1	g . . .	9.83		8.36	28.61	36.21
20:1	g . . .	0.04		0.04	0.13	0.16
22:1	g . . .					
Polyunsaturated, total	g . . .	0.90		0.76	2.61	3.31
18:2	g . . .	0.59		0.50	1.73	2.19
18:3	g . . .	0.26		0.22	0.77	0.97
18:4	g . . .					
20:4	g . . .	0.03		0.02	0.08	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	84		71	244	309
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.268		0.228	0.780	0.987
Threonine	g . . .	1.046		0.889	3.044	3.852
Isoleucine	g . . .	1.077		0.915	3.134	3.967
Leucine	g . . .	1.893		1.609	5.509	6.972
Lysine	g . . .	1.993		1.694	5.800	7.340
Methionine	g . . .	0.613		0.521	1.784	2.258
Cystine	g . . .	0.268		0.228	0.780	0.987
Phenylalanine	g . . .	0.935		0.795	2.721	3.444
Tyrosine	g . . .	0.805		0.684	2.343	2.965
Valine	g . . .	1.165		0.990	3.390	4.291
Arginine	g . . .	1.514		1.287	4.406	5.576
Histidine	g . . .	0.820		0.697	2.386	3.020
Alanine	g . . .	1.445		1.228	4.205	5.322
Aspartic acid	g . . .	2.188		1.860	6.367	8.058
Glutamic acid	g . . .	3.598		3.058	10.470	13.251
Glycine	g . . .	1.307		1.111	3.803	4.814
Proline	g . . .	1.058		0.899	3.079	3.897
Serine	g . . .	0.916		0.779	2.666	3.374

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Choice, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%
				3 oz = 85 g	1 lb raw yields 273 g AP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	46.73		39.72	127.58	168.09
Food energy	{ kcal kJ	367 1,535		312 1,305	1,002 4,192	1,320 5,523
Protein (N X 6.25)	g	22.17		18.84	60.52	79.75
Total lipid (fat)	g	30.19		25.66	82.42	108.59
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.91		0.77	2.48	3.27
MINERALS:						
Calcium	mg	13		11	36	48
Iron	mg	1.95		1.65	5.31	7.00
Magnesium	mg	20		17	54	71
Phosphorus	mg	178		151	486	641
Potassium	mg	323		275	882	1,163
Sodium	mg	65		55	178	235
Zinc	mg	4.83		4.10	13.18	17.37
Copper	mg	0.089		0.076	0.243	0.320
Manganese	mg	0.013		0.011	0.035	0.047
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.064		0.054	0.175	0.230
Riboflavin	mg	0.165		0.140	0.450	0.594
Niacin	mg	3.040		2.584	8.299	10.935
Pantothenic acid	mg	0.356		0.303	0.972	1.281
Vitamin B ₆	mg	0.30		0.26	0.83	1.09
Folacin	mcg	7		6	19	25
Vitamin B ₁₂	mcg	2.87		2.44	7.84	10.33
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.77		10.86	34.87	45.94
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.08		0.07	0.22	0.29
12:0	g	0.08		0.06	0.21	0.27
14:0	g	0.99		0.84	2.70	3.55
16:0	g	7.49		6.37	20.45	26.95
18:0	g	3.59		3.05	9.79	12.90
Monounsaturated, total	g	13.51		11.49	36.89	48.60
16:1	g	1.24		1.05	3.37	4.45
18:1	g	11.67		9.92	31.86	41.98
20:1	g	0.05		0.04	0.14	0.18
22:1	g					
Polyunsaturated, total	g	1.07		0.91	2.92	3.85
18:2	g	0.71		0.60	1.92	2.54
18:3	g	0.32		0.27	0.87	1.14
18:4	g					
20:4	g	0.03		0.03	0.08	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	85		72	231	305
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.248		0.211	0.677	0.892
Threonine	g	0.968		0.823	2.643	3.482
Isoleucine	g	0.996		0.847	2.719	3.583
Leucine	g	1.752		1.489	4.783	6.302
Lysine	g	1.844		1.567	5.034	6.633
Methionine	g	0.567		0.482	1.548	2.039
Cystine	g	0.248		0.211	0.677	0.892
Phenylalanine	g	0.865		0.735	2.361	3.111
Tyrosine	g	0.745		0.633	2.034	2.680
Valine	g	1.078		0.916	2.943	3.878
Arginine	g	1.401		1.191	3.825	5.039
Histidine	g	0.759		0.645	2.072	2.730
Alanine	g	1.337		1.136	3.650	4.809
Aspartic acid	g	2.025		1.721	5.528	7.284
Glutamic acid	g	3.330		2.831	9.091	11.978
Glycine	g	1.209		1.028	3.301	4.349
Proline	g	0.979		0.832	2.673	3.521
Serine	g	0.847		0.720	2.312	3.047

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.57		261.12	16.32	214.67
Food energy	{ kcal . . . kJ . . .	284 1,189		1,290 5,395	81 337	1,060 4,436
Protein (N X6, 25)	g . . .	17.02		77.20	4.82	63.46
Total lipid (fat)	g . . .	23.46		106.42	6.65	87.49
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.82		3.71	0.23	3.05
MINERALS:						
Calcium	mg . . .	10		46	3	37
Iron	mg . . .	1.81		8.20	0.51	6.74
Magnesium	mg . . .	17		78	5	64
Phosphorus	mg . . .	163		739	46	607
Potassium	mg . . .	293		1,327	83	1,091
Sodium	mg . . .	54		247	15	203
Zinc	mg . . .	3.71		16.81	1.05	13.82
Copper	mg . . .	0.058		0.263	0.016	0.216
Manganese	mg . . .	0.012		0.054	0.003	0.045
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.080		0.363	0.023	0.298
Riboflavin	mg . . .	0.127		0.576	0.036	0.474
Niacin	mg . . .	3.135		14.220	0.889	11.690
Pantothenic acid	mg . . .	0.285		1.293	0.081	1.063
Vitamin B ₆	mg . . .	0.35		1.61	0.10	1.32
Folacin	mcg . . .	5		25	2	20
Vitamin B ₁₂	mcg . . .	3.02		13.69	0.86	11.25
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.19		46.20	2.89	37.98
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.37	0.02	0.31
12:0	g . . .	0.06		0.26	0.02	0.21
14:0	g . . .	0.77		3.47	0.22	2.85
16:0	g . . .	5.78		26.22	1.64	21.56
18:0	g . . .	2.93		13.30	0.83	10.94
Monounsaturated, total	g . . .	10.67		48.39	3.02	39.78
16:1	g . . .	1.19		5.38	0.34	4.42
18:1	g . . .	8.98		40.75	2.55	33.50
20:1	g . . .	0.03		0.15	0.01	0.12
22:1	g . . .					
Polyunsaturated, total	g . . .	0.84		3.80	0.24	3.12
18:2	g . . .	0.53		2.40	0.15	1.98
18:3	g . . .	0.29		1.30	0.08	1.07
18:4	g . . .					
20:4	g . . .	0.01		0.06	0.00	0.05
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	69		313	20	258
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.191		0.866	0.054	0.712
Threonine	g . . .	0.743		3.370	0.211	2.771
Isoleucine	g . . .	0.765		3.470	0.217	2.853
Leucine	g . . .	1.345		6.101	0.381	5.016
Lysine	g . . .	1.416		6.423	0.401	5.280
Methionine	g . . .	0.436		1.978	0.124	1.626
Cystine	g . . .	0.191		0.866	0.054	0.712
Phenylalanine	g . . .	0.664		3.012	0.188	2.476
Tyrosine	g . . .	0.572		2.595	0.162	2.133
Valine	g . . .	0.828		3.756	0.235	3.088
Arginine	g . . .	1.076		4.881	0.305	4.012
Histidine	g . . .	0.583		2.644	0.165	2.174
Alanine	g . . .	1.027		4.658	0.291	3.830
Aspartic acid	g . . .	1.555		7.053	0.441	5.799
Glutamic acid	g . . .	2.557		11.599	0.725	9.535
Glycine	g . . .	0.929		4.214	0.263	3.464
Proline	g . . .	0.752		3.411	0.213	2.804
Serine	g . . .	0.651		2.953	0.185	2.428

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%
				3 oz = 85 g	1 lb raw AP yields 287 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	50.85		43.22	145.93	184.99
Food energy	{ kcal . .	310		263	889	1,127
	{ kJ . . .	1,296		1,102	3,721	4,717
Protein (N X 6.25)	g . . .	24.31		20.67	69.78	88.45
Total lipid (fat)	g . . .	22.84		19.42	65.56	83.10
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.07		0.91	3.06	3.88
MINERALS:						
Calcium	mg . . .	13		11	38	48
Iron	mg . . .	2.24		1.91	6.44	8.16
Magnesium	mg . . .	23		19	65	83
Phosphorus	mg . . .	180		153	515	653
Potassium	mg . . .	336		285	963	1,221
Sodium	mg . . .	63		53	180	228
Zinc	mg . . .	5.79		4.92	16.63	21.07
Copper	mg . . .	0.097		0.082	0.278	0.353
Manganese	mg . . .	0.014		0.012	0.040	0.051
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.089		0.076	0.255	0.324
Riboflavin	mg . . .	0.189		0.161	0.542	0.688
Niacin	mg . . .	4.105		3.489	11.781	14.934
Pantothenic acid	mg . . .	0.299		0.254	0.858	1.088
Vitamin B ₆	mg . . .	0.34		0.29	0.99	1.25
Folacin	mcg . . .	7		6	21	26
Vitamin B ₁₂	mcg . . .	2.96		2.51	8.48	10.75
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	9.66		8.21	27.73	35.15
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.06		0.05	0.18	0.23
12:0	g . . .	0.06		0.05	0.16	0.21
14:0	g . . .	0.75		0.63	2.14	2.72
16:0	g . . .	5.67		4.82	16.26	20.62
18:0	g . . .	2.71		2.31	7.79	9.87
Monounsaturated, total	g . . .	10.22		8.69	29.33	37.18
16:1	g . . .	0.93		0.79	2.68	3.40
18:1	g . . .	8.83		7.51	25.34	32.13
20:1	g . . .	0.04		0.03	0.11	0.14
22:1	g . . .					
Polyunsaturated, total	g . . .	0.81		0.69	2.32	2.94
18:2	g . . .	0.53		0.45	1.53	1.94
18:3	g . . .	0.24		0.20	0.69	0.87
18:4	g . . .					
20:4	g . . .	0.02		0.02	0.07	0.09
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	84		71	240	304
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.272		0.231	0.781	0.990
Threonine	g . . .	1.062		0.903	3.048	3.864
Isoleucine	g . . .	1.093		0.929	3.137	3.976
Leucine	g . . .	1.922		1.634	5.516	6.992
Lysine	g . . .	2.023		1.720	5.806	7.360
Methionine	g . . .	0.622		0.529	1.785	2.263
Cystine	g . . .	0.272		0.231	0.781	0.990
Phenylalanine	g . . .	0.949		0.807	2.724	3.452
Tyrosine	g . . .	0.817		0.694	2.345	2.972
Valine	g . . .	1.183		1.006	3.395	4.304
Arginine	g . . .	1.537		1.306	4.411	5.592
Histidine	g . . .	0.832		0.707	2.388	3.027
Alanine	g . . .	1.467		1.247	4.210	5.337
Aspartic acid	g . . .	2.221		1.888	6.374	8.080
Glutamic acid	g . . .	3.653		3.105	10.484	13.290
Glycine	g . . .	1.326		1.127	3.806	4.824
Proline	g . . .	1.074		0.913	3.082	3.907
Serine	g . . .	0.930		0.791	2.669	3.383

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 22%
				3 oz = 85 g	1 lb raw yields 270 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	50.17			42.65	135.46	177.96
Food energy { kcal . . .	333			283	900	1,183
{ kJ . . .	1,395			1,186	3,767	4,949
Protein (N X 6.25) g . . .	22.65			19.25	61.16	80.35
Total lipid (fat) g . . .	26.25			22.31	70.87	93.10
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.93			0.79	2.50	3.29
MINERALS:						
Calcium mg . . .	13			11	36	47
Iron mg . . .	1.98			1.69	5.35	7.03
Magnesium mg . . .	20			17	55	72
Phosphorus mg . . .	182			155	492	647
Potassium mg . . .	332			282	896	1,177
Sodium mg . . .	66			56	179	235
Zinc mg . . .	4.97			4.23	13.43	17.64
Copper mg . . .	0.089			0.076	0.240	0.316
Manganese mg . . .	0.014			0.012	0.038	0.050
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.066			0.056	0.178	0.234
Riboflavin mg . . .	0.168			0.143	0.454	0.596
Niacin mg . . .	3.102			2.637	8.375	11.003
Pantothenic acid mg . . .	0.364			0.309	0.983	1.291
Vitamin B ₆ mg . . .	0.31			0.26	0.84	1.10
Folic acid mcg . . .	7			6	19	25
Vitamin B ₁₂ mcg . . .	2.93			2.49	7.90	10.37
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	11.11			9.44	29.99	39.40
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.07			0.06	0.20	0.26
12:0 g . . .	0.07			0.06	0.18	0.24
14:0 g . . .	0.86			0.73	2.32	3.05
16:0 g . . .	6.52			5.54	17.60	23.13
18:0 g . . .	3.11			2.64	8.39	11.02
Monounsaturated, total g . . .	11.43			9.71	30.86	40.54
16:1 g . . .	0.82			0.70	2.21	2.90
18:1 g . . .	10.15			8.62	27.40	35.99
20:1 g . . .	0.05			0.04	0.12	0.16
22:1 g . . .						
Polyunsaturated, total g . . .	0.93			0.79	2.52	3.31
18:2 g . . .	0.61			0.52	1.65	2.17
18:3 g . . .	0.28			0.24	0.76	1.00
18:4 g . . .						
20:4 g . . .	0.03			0.02	0.07	0.09
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	84			72	227	299
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.254			0.216	0.686	0.901
Threonine g . . .	0.989			0.841	2.670	3.508
Isoleucine g . . .	1.018			0.865	2.749	3.611
Leucine g . . .	1.790			1.522	4.833	6.349
Lysine g . . .	1.884			1.601	5.087	6.683
Methionine g . . .	0.580			0.493	1.566	2.057
Cystine g . . .	0.254			0.216	0.686	0.901
Phenylalanine g . . .	0.884			0.751	2.387	3.136
Tyrosine g . . .	0.761			0.647	2.055	2.699
Valine g . . .	1.102			0.937	2.975	3.909
Arginine g . . .	1.431			1.216	3.864	5.076
Histidine g . . .	0.776			0.660	2.095	2.752
Alanine g . . .	1.366			1.161	3.688	4.845
Aspartic acid g . . .	2.069			1.759	5.586	7.339
Glutamic acid g . . .	3.403			2.893	9.188	12.070
Glycine g . . .	1.236			1.051	3.337	4.384
Proline g . . .	1.000			0.850	2.700	3.547
Serine g . . .	0.866			0.736	2.338	3.072

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	51.86		235.25	14.70	194.53
Food energy	{ kcal	349		1,582	99	1,308
	{ kJ	1,459		6,617	414	5,472
Protein (N X 6.25)	g	16.39		74.33	4.65	61.46
Total lipid (fat)	g	30.90		140.15	8.76	115.90
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.78		3.53	0.22	2.92
MINERALS:						
Calcium	mg	10		46	3	38
Iron	mg	1.73		7.85	0.49	6.49
Magnesium	mg	16		74	5	61
Phosphorus	mg	156		708	44	585
Potassium	mg	276		1,254	78	1,037
Sodium	mg	53		239	15	198
Zinc	mg	3.51		15.93	1.00	13.17
Copper	mg	0.056		0.254	0.016	0.210
Manganese	mg	0.012		0.054	0.003	0.045
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.077		0.349	0.022	0.289
Riboflavin	mg	0.123		0.558	0.035	0.461
Niacin	mg	3.012		13.662	0.854	11.298
Pantothenic acid	mg	0.275		1.247	0.078	1.032
Vitamin B ₆	mg	0.34		1.55	0.10	1.28
Folacin	mcg	5		24	1	20
Vitamin B ₁₂	mcg	2.91		13.18	0.82	10.90
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	13.33		60.48	3.78	50.02
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.10		0.46	0.03	0.38
12:0	g	0.07		0.32	0.02	0.27
14:0	g	1.00		4.53	0.28	3.74
16:0	g	7.58		34.36	2.15	28.42
18:0	g	3.87		17.55	1.10	14.52
Monounsaturated, total	g	14.03		63.64	3.98	52.63
16:1	g	1.52		6.90	0.43	5.71
18:1	g	11.86		53.78	3.36	44.48
20:1	g	0.04		0.20	0.01	0.17
22:1	g					
Polyunsaturated, total	g	1.10		5.00	0.31	4.13
18:2	g	0.71		3.24	0.20	2.68
18:3	g	0.35		1.58	0.10	1.31
18:4	g					
20:4	g	0.03		0.12	0.01	0.10
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	71		323	20	267
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.183		0.830	0.052	0.686
Threonine	g	0.716		3.248	0.203	2.686
Isoleucine	g	0.737		3.343	0.209	2.764
Leucine	g	1.295		5.874	0.367	4.858
Lysine	g	1.363		6.183	0.386	5.113
Methionine	g	0.419		1.901	0.119	1.572
Cystine	g	0.183		0.830	0.052	0.686
Phenylalanine	g	0.640		2.903	0.181	2.401
Tyrosine	g	0.550		2.495	0.156	2.063
Valine	g	0.797		3.615	0.226	2.990
Arginine	g	1.035		4.695	0.293	3.882
Histidine	g	0.561		2.545	0.159	2.104
Alanine	g	0.988		4.482	0.280	3.706
Aspartic acid	g	1.497		6.790	0.424	5.615
Glutamic acid	g	2.461		11.163	0.698	9.231
Glycine	g	0.894		4.055	0.253	3.353
Proline	g	0.723		3.280	0.205	2.712
Serine	g	0.626		2.840	0.177	2.348

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%
				3 oz = 85 g	1 lb raw AP yields 286 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 46.51			39.53	133.01	168.36
Food energy	{ kcal . . . 364			309	1,041	1,317
	{ kJ . . . 1,523			1,294	4,355	5,512
Protein (N X6.25)	g 23.72			20.16	67.85	85.88
Total lipid (fat)	g 29.12			24.75	83.28	105.41
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.04			0.88	2.97	3.76
MINERALS:						
Calcium	mg 13			11	38	48
Iron	mg 2.19			1.86	6.27	7.94
Magnesium	mg 22			19	63	80
Phosphorus	mg 175			149	501	634
Potassium	mg 326			277	933	1,181
Sodium	mg 62			52	176	223
Zinc	mg 5.60			4.76	16.02	20.28
Copper	mg 0.097			0.082	0.277	0.351
Manganese	mg 0.013			0.011	0.037	0.047
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.087			0.074	0.249	0.315
Riboflavin	mg 0.184			0.156	0.526	0.666
Niacin	mg 3.994			3.395	11.423	14.458
Pantothenic acid	mg 0.293			0.249	0.838	1.061
Vitamin B ₆	mg 0.34			0.28	0.96	1.21
Folacin	mcg 7			6	20	25
Vitamin B ₁₂	mcg 2.90			2.46	8.29	10.49
Vitamin A	{ RE . . . --			--	--	--
	{ IU . . . --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 12.33			10.48	35.25	44.62
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.07			0.06	0.21	0.26
12:0	g 0.07			0.06	0.20	0.25
14:0	g 0.95			0.81	2.72	3.44
16:0	g 7.20			6.12	20.60	26.07
18:0	g 3.50			2.97	10.00	12.66
Monounsaturated, total	g 13.01			11.06	37.20	47.09
16:1	g 1.17			1.00	3.35	4.25
18:1	g 11.26			9.57	32.21	40.77
20:1	g 0.05			0.04	0.13	0.17
22:1	g					
Polyunsaturated, total	g 1.02			0.87	2.91	3.69
18:2	g 0.68			0.58	1.95	2.47
18:3	g 0.28			0.24	0.81	1.02
18:4	g					
20:4	g 0.04			0.03	0.10	0.13
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 84			71	240	304
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.266			0.226	0.761	0.963
Threonine	g 1.036			0.881	2.963	3.750
Isoleucine	g 1.067			0.907	3.052	3.863
Leucine	g 1.875			1.594	5.363	6.788
Lysine	g 1.974			1.678	5.646	7.146
Methionine	g 0.607			0.516	1.736	2.197
Cystine	g 0.266			0.226	0.761	0.963
Phenylalanine	g 0.926			0.787	2.648	3.352
Tyrosine	g 0.797			0.677	2.279	2.885
Valine	g 1.154			0.981	3.300	4.177
Arginine	g 1.499			1.274	4.287	5.426
Histidine	g 0.812			0.690	2.322	2.939
Alanine	g 1.431			1.216	4.093	5.180
Aspartic acid	g 2.168			1.843	6.200	7.848
Glutamic acid	g 3.564			3.029	10.193	12.902
Glycine	g 1.294			1.100	3.701	4.684
Proline	g 1.048			0.891	2.997	3.794
Serine	g 0.907			0.771	2.594	3.283

AH-8-13 (1985)
NDB No. 13134

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%, separable fat 24%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 69.75	0.226	38 ¹	316.36	19.77	187.89
Food energy	{ kcal . . . 159 kJ 664			720 3,013	45 188	428 1,789
Protein (N X 6.25)	g 20.13	0.186	100	91.32	5.71	54.24
Total lipid (fat)	g 8.07	0.314	33 ¹	36.60	2.29	21.74
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.01	0.016	23	4.57	0.29	2.72
MINERALS:						
Calcium	mg 10	0.912	10	46	3	27
Iron	mg 2.18	0.046	65	9.90	0.62	5.88
Magnesium	mg 22	0.270	37	101	6	60
Phosphorus	mg 196	3.293	27	891	56	529
Potassium	mg 373	8.242	37	1,690	106	1,004
Sodium	mg 63	1.607	37	288	18	171
Zinc	mg 4.66	0.077	36	21.14	1.32	12.56
Copper	mg 0.067	0.002	34	0.304	0.019	0.180
Manganese	mg 0.014			0.064	0.004	0.038
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.094	0.003	38	0.426	0.027	0.253
Riboflavin	mg 0.147	0.005	35	0.667	0.042	0.396
Niacin	mg 3.743	0.183	38	16.978	1.061	10.084
Pantothenic acid	mg 0.338			1.533	0.096	0.911
Vitamin B ₆	mg 0.42			1.91	0.12	1.13
Folic acid	mcg 6	0.678	14	28	2	17
Vitamin B ₁₂	mcg 3.57	0.223	38	16.18	1.01	9.61
Vitamin A	{ RE -- IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 3.31			15.00	0.94	8.91
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.00	0.000	35	0.01	0.00	0.01
12:0	g 0.00	0.000	35	0.02	0.00	0.01
14:0	g 0.23	0.006	40	1.05	0.07	0.62
16:0	g 1.88	0.014	40	8.51	0.53	5.06
18:0	g 1.03	0.022	40	4.67	0.29	2.77
Monounsaturated, total	g 3.61			16.37	1.02	9.73
16:1	g 0.28	0.006	40	1.29	0.08	0.77
18:1	g 3.17	0.023	40	14.37	0.90	8.54
20:1	g 0.01	0.001	29	0.04	0.00	0.02
22:1	g					
Polyunsaturated, total	g 0.27			1.24	0.08	0.74
18:2	g 0.23	0.012	40	1.04	0.07	0.62
18:3	g 0.01	0.001	35	0.05	0.00	0.03
18:4	g					
20:4	g 0.02	0.002	35	0.11	0.01	0.06
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 59	0.712	33	266	17	158
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.225			1.021	0.064	0.606
Threonine	g 0.879			3.987	0.249	2.368
Isoleucine	g 0.905			4.105	0.257	2.438
Leucine	g 1.591			7.217	0.451	4.286
Lysine	g 1.675			7.598	0.475	4.512
Methionine	g 0.515			2.336	0.146	1.387
Cystine	g 0.225			1.021	0.064	0.606
Phenylalanine	g 0.786			3.565	0.223	2.117
Tyrosine	g 0.676			3.066	0.192	1.821
Valine	g 0.979			4.441	0.278	2.637
Arginine	g 1.272			5.770	0.361	3.427
Histidine	g 0.689			3.125	0.195	1.856
Alanine	g 1.214			5.507	0.344	3.271
Aspartic acid	g 1.839			8.342	0.521	4.954
Glutamic acid	g 3.025			13.721	0.858	8.149
Glycine	g 1.098			4.981	0.311	2.958
Proline	g 0.889			4.033	0.252	2.395
Serine	g 0.770			3.493	0.218	2.074

¹Standard error of estimate.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, All grades, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse, Bone 19%, separable fat 19%	EP
				3 oz = 85 g	1 lb raw AP yields 223 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	58.73	0.623	11 ¹	49.92	130.97	165.98	
Food energy { kcal . . .	221			188	492	624	
	924			785	2,061	2,611	
Protein (N X6.25) g . . .	28.04	0.520	10	23.83	62.52	79.23	
Total lipid (fat) g . . .	11.21	0.684	7 ¹	9.53	25.00	31.69	
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00	
Crude fiber g . . .	0.00			0.00	0.00	0.00	
Ash g . . .	1.23	0.036	9	1.05	2.75	3.49	
MINERALS:							
Calcium mg . . .	13	1.314	9	11	29	37	
Iron mg . . .	2.57	0.142	9	2.18	5.72	7.25	
Magnesium mg . . .	27	0.821	9	23	61	77	
Phosphorus mg . . .	208			177	463	587	
Potassium mg . . .	394	10.257	9	335	880	1,115	
Sodium mg . . .	69	4.965	9	58	153	194	
Zinc mg . . .	6.99	0.696	8	5.94	15.59	19.75	
Copper mg . . .	0.100	0.006	8	0.085	0.223	0.283	
Manganese mg . . .	0.016			0.014	0.036	0.045	
VITAMINS:							
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0	
Thiamin mg . . .	0.105	0.010	10	0.089	0.234	0.297	
Riboflavin mg . . .	0.216	0.007	9	0.184	0.482	0.610	
Niacin mg . . .	4.800	0.140	10	4.080	10.704	13.565	
Pantothenic acid mg . . .	0.340			0.289	0.758	0.961	
Vitamin B ₆ mg . . .	0.40			0.34	0.89	1.13	
Folic acid mcg . . .	8	0.733	10	7	19	23	
Vitamin B ₁₂ mcg . . .	3.32	0.570	10	2.82	7.40	9.38	
Vitamin A { RE . . .	--			--	--	--	
{ IU . . .	--			--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	4.75			4.03	10.58	13.41	
4:0 g . . .							
6:0 g . . .							
8:0 g . . .							
10:0 g . . .	0.01	0.000	7	0.01	0.01	0.02	
12:0 g . . .	0.01	0.001	7	0.01	0.02	0.02	
14:0 g . . .	0.35	0.033	7	0.30	0.79	1.00	
16:0 g . . .	2.68	0.082	7	2.28	5.98	7.58	
18:0 g . . .	1.48	0.120	7	1.26	3.31	4.19	
Monounsaturated, total g . . .	4.91			4.17	10.94	13.87	
16:1 g . . .	0.38	0.029	7	0.32	0.85	1.07	
18:1 g . . .	4.35	0.087	7	3.69	9.69	12.28	
20:1 g . . .	0.00	0.002	7	0.00	0.01	0.01	
22:1 g . . .							
Polyunsaturated, total g . . .	0.34			0.29	0.75	0.95	
18:2 g . . .	0.27	0.018	7	0.23	0.60	0.75	
18:3 g . . .	0.02	0.006	7	0.02	0.05	0.07	
18:4 g . . .							
20:4 g . . .	0.03	0.006	7	0.03	0.07	0.09	
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	80	1.472	7	68	179	227	
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	0.314			0.267	0.700	0.887	
Threonine g . . .	1.225			1.041	2.732	3.462	
Isoleucine g . . .	1.261			1.072	2.812	3.564	
Leucine g . . .	2.216			1.884	4.942	6.262	
Lysine g . . .	2.333			1.983	5.203	6.593	
Methionine g . . .	0.718			0.610	1.601	2.029	
Cystine g . . .	0.314			0.267	0.700	0.887	
Phenylalanine g . . .	1.095			0.931	2.442	3.094	
Tyrosine g . . .	0.942			0.801	2.101	2.662	
Valine g . . .	1.364			1.159	3.042	3.855	
Arginine g . . .	1.772			1.506	3.952	5.008	
Histidine g . . .	0.960			0.816	2.141	2.713	
Alanine g . . .	1.691			1.437	3.771	4.779	
Aspartic acid g . . .	2.562			2.178	5.713	7.240	
Glutamic acid g . . .	4.212			3.580	9.393	11.903	
Glycine g . . .	1.530			1.301	3.412	4.324	
Proline g . . .	1.238			1.052	2.761	3.499	
Serine g . . .	1.072			0.911	2.391	3.029	

¹Standard error of estimate.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, All grades, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%, separable fat 22%	Refuse: Bone 21%, separable fat 22%
				3 oz = 85 g	1 lb raw AP yields 197 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water g	58.66			49.86	115.56		152.16
Food energy { kcal	236			201	465		612
	988			839	1,946		2,562
Protein (N X6.25) g	26.74			22.73	52.68		69.36
Total lipid (fat) g	13.51			11.48	26.61		35.04
Carbohydrate, total g	0.00			0.00	0.00		0.00
Crude fiber g	0.00			0.00	0.00		0.00
Ash g	1.09			0.93	2.15		2.83
MINERALS:							
Calcium mg	13			11	26		34
Iron mg	2.30			1.96	4.53		5.97
Magnesium mg	25			21	50		65
Phosphorus mg	219			186	431		567
Potassium mg	404			344	796		1,049
Sodium mg	75			64	148		194
Zinc mg	6.19			5.26	12.19		16.06
Copper mg	0.089			0.076	0.175		0.231
Manganese mg	0.016			0.014	0.032		0.042
VITAMINS:							
Ascorbic acid mg	0.0			0.0	0.0		0.0
Thiamin mg	0.077			0.065	0.152		0.200
Riboflavin mg	0.195			0.166	0.384		0.506
Niacin mg	3.630			3.086	7.151		9.416
Pantothenic acid. mg	0.437			0.371	0.861		1.134
Vitamin B ₆ mg	0.37			0.31	0.73		0.96
*Folacin mcg	8			7	16		22
Vitamin B ₁₂ mcg	3.37			2.86	6.64		8.74
Vitamin A { RE	--			--	--		--
{ IU	--			--	--		--
LIPIDS:							
Fatty acids:							
Saturated, total g	5.72			4.87	11.28		14.85
4:0 g							
6:0 g							
8:0 g							
10:0 g	0.01			0.01	0.02		0.02
12:0 g	0.01			0.01	0.02		0.02
14:0 g	0.43			0.36	0.84		1.10
16:0 g	3.23			2.75	6.37		8.39
18:0 g	1.79			1.52	3.52		4.64
Monounsaturated, total g	5.92			5.03	11.65		15.35
16:1 g	0.46			0.39	0.90		1.19
18:1 g	5.24			4.45	10.32		13.59
20:1 g	0.01			0.00	0.01		0.01
22:1 g							
Polyunsaturated, total g	0.41			0.35	0.80		1.06
18:2 g	0.32			0.27	0.64		0.84
18:3 g	0.03			0.02	0.06		0.08
18:4 g							
20:4 g	0.04			0.03	0.08		0.10
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	80			68	159		209
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	0.299			0.254	0.589		0.776
Threonine g	1.168			0.993	2.301		3.030
Isoleucine g	1.202			1.022	2.368		3.118
Leucine g	2.113			1.796	4.163		5.481
Lysine g	2.225			1.891	4.383		5.772
Methionine g	0.684			0.581	1.347		1.774
Cystine g	0.299			0.254	0.589		0.776
Phenylalanine g	1.044			0.887	2.057		2.708
Tyrosine g	0.898			0.763	1.769		2.329
Valine g	1.301			1.106	2.563		3.375
Arginine g	1.690			1.437	3.329		4.384
Histidine g	0.915			0.778	1.803		2.374
Alanine g	1.613			1.371	3.178		4.184
Aspartic acid g	2.443			2.077	4.813		6.337
Glutamic acid g	4.017			3.414	7.913		10.420
Glycine g	1.459			1.240	2.874		3.785
Proline g	1.181			1.004	2.327		3.064
Serine g	1.022			0.869	2.013		2.651

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%, separable fat 24%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	69.41		314.83	19.68	185.73
Food energy	{ kcal kJ . . .	163 681		739 3,090	46 193	436 1,823
Protein (N X 6.25)	g . . .	20.13		91.32	5.71	53.87
Total lipid (fat)	g . . .	8.52		38.65	2.42	22.80
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.01		4.57	0.29	2.70
MINERALS:						
Calcium	mg . . .	10		46	3	27
Iron	mg . . .	2.18		9.90	0.62	5.84
Magnesium	mg . . .	22		101	6	60
Phosphorus	mg . . .	196		891	56	526
Potassium	mg . . .	373		1,690	106	997
Sodium	mg . . .	63		288	18	170
Zinc	mg . . .	4.66		21.14	1.32	12.47
Copper	mg . . .	0.067		0.304	0.019	0.179
Manganese	mg . . .	0.014		0.064	0.004	0.037
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.094		0.426	0.027	0.252
Riboflavin	mg . . .	0.147		0.667	0.042	0.393
Niacin	mg . . .	3.743		16.978	1.061	10.016
Pantothenic acid	mg . . .	0.338		1.533	0.096	0.904
Vitamin B ₆	mg . . .	0.42		1.91	0.12	1.12
Folic acid	mcg . . .	6		28	2	17
Vitamin B ₁₂	mcg . . .	3.57		16.18	1.01	9.55
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.49		15.84	0.99	9.34
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.00		0.02	0.00	0.01
14:0	g . . .	0.24		1.11	0.07	0.65
16:0	g . . .	1.98		8.99	0.56	5.31
18:0	g . . .	1.09		4.94	0.31	2.91
Monounsaturated, total	g . . .	3.81		17.30	1.08	10.21
16:1	g . . .	0.30		1.36	0.09	0.80
18:1	g . . .	3.35		15.19	0.95	8.96
20:1	g . . .	0.01		0.04	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.29		1.32	0.08	0.78
18:2	g . . .	0.24		1.10	0.07	0.65
18:3	g . . .	0.01		0.05	0.00	0.03
18:4	g . . .					
20:4	g . . .	0.03		0.12	0.01	0.07
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		266	17	157
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.225		1.021	0.064	0.602
Threonine	g . . .	0.879		3.987	0.249	2.352
Isoleucine	g . . .	0.905		4.105	0.257	2.422
Leucine	g . . .	1.591		7.217	0.451	4.258
Lysine	g . . .	1.675		7.598	0.475	4.482
Methionine	g . . .	0.515		2.336	0.146	1.378
Cystine	g . . .	0.225		1.021	0.064	0.602
Phenylalanine	g . . .	0.786		3.565	0.223	2.103
Tyrosine	g . . .	0.676		3.066	0.192	1.809
Valine	g . . .	0.979		4.441	0.278	2.620
Arginine	g . . .	1.272		5.770	0.361	3.404
Histidine	g . . .	0.689		3.125	0.195	1.844
Alanine	g . . .	1.214		5.507	0.344	3.249
Aspartic acid	g . . .	1.839		8.342	0.521	4.921
Glutamic acid	g . . .	3.025		13.721	0.858	8.095
Glycine	g . . .	1.098		4.981	0.311	2.938
Proline	g . . .	0.889		4.033	0.252	2.379
Serine	g . . .	0.770		3.493	0.218	2.061

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of
	Mean	Standard error	Number of samples	Approximate measure and weight		1 pound of food as purchased
				3 oz = 85 g	1 lb raw AP yields 222 g EP	Refuse: Bone 19%, separable fat 19%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	58.43		49.67	129.72	164.31
Food energy	{ kcal . . .	225		191	499	632
	{ kJ . . .	940		799	2,087	2,644
Protein (N X 6.25)	g . . .	28.04		23.83	62.24	78.83
Total lipid (fat)	g . . .	11.64		9.90	25.85	32.74
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.23		1.05	2.74	3.47
MINERALS:						
Calcium	mg . . .	13		11	29	37
Iron	mg . . .	2.57		2.18	5.70	7.22
Magnesium	mg . . .	27		23	60	77
Phosphorus	mg . . .	208		177	461	584
Potassium	mg . . .	394		335	876	1,109
Sodium	mg . . .	69		58	152	193
Zinc	mg . . .	6.99		5.94	15.52	19.66
Copper	mg . . .	0.100		0.085	0.222	0.281
Manganese	mg . . .	0.016		0.014	0.036	0.045
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.105		0.089	0.233	0.295
Riboflavin	mg . . .	0.216		0.184	0.480	0.607
Niacin	mg . . .	4.800		4.080	10.656	13.498
Pantothenic acid.	mg . . .	0.340		0.289	0.755	0.956
Vitamin B ₆	mg . . .	0.40		0.34	0.89	1.12
Folacin	mcg . . .	8		7	18	23
Vitamin B ₁₂	mcg . . .	3.32		2.82	7.37	9.34
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	4.93		4.19	10.95	13.87
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.01	0.02	0.02
12:0	g . . .	0.01		0.01	0.02	0.02
14:0	g . . .	0.37		0.31	0.81	1.03
16:0	g . . .	2.79		2.37	6.19	7.84
18:0	g . . .	1.54		1.31	3.42	4.33
Monounsaturated, total	g . . .	5.10		4.33	11.32	14.34
16:1	g . . .	0.40		0.34	0.88	1.11
18:1	g . . .	4.52		3.84	10.03	12.70
20:1	g . . .	0.00		0.00	0.01	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.35		0.30	0.78	0.99
18:2	g . . .	0.28		0.24	0.62	0.78
18:3	g . . .	0.03		0.02	0.06	0.07
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.08	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	80		68	178	226
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.314		0.267	0.697	0.883
Threonine	g . . .	1.225		1.041	2.720	3.445
Isoleucine	g . . .	1.261		1.072	2.799	3.546
Leucine	g . . .	2.216		1.884	4.920	6.231
Lysine	g . . .	2.333		1.983	5.179	6.560
Methionine	g . . .	0.718		0.610	1.594	2.019
Cystine	g . . .	0.314		0.267	0.697	0.883
Phenylalanine	g . . .	1.095		0.931	2.431	3.079
Tyrosine	g . . .	0.942		0.801	2.091	2.649
Valine	g . . .	1.364		1.159	3.028	3.836
Arginine	g . . .	1.772		1.506	3.934	4.983
Histidine	g . . .	0.960		0.816	2.131	2.700
Alanine	g . . .	1.691		1.437	3.754	4.755
Aspartic acid	g . . .	2.562		2.178	5.688	7.204
Glutamic acid	g . . .	4.212		3.580	9.351	11.844
Glycine	g . . .	1.530		1.301	3.397	4.302
Proline	g . . .	1.238		1.052	2.748	3.481
Serine	g . . .	1.072		0.911	2.380	3.014

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Choice, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%, separable fat 22%	
				3 oz = 85 g	1 lb raw AP yields 196 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	57.90		49.22	113.48	149.15	
Food energy	{ kcal . . . kJ . . .	243 1,016		206 864	476 1,992	626 2,618	
Protein (N X6, 25)	g . . .	26.74		22.73	52.41	68.88	
Total lipid (fat)	g . . .	14.27		12.13	27.97	36.76	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	1.09		0.93	2.14	2.81	
MINERALS:							
Calcium	mg . . .	13		11	26	34	
Iron	mg . . .	2.30		1.96	4.51	5.92	
Magnesium	mg . . .	25		21	49	65	
Phosphorus	mg . . .	219		186	428	563	
Potassium	mg . . .	404		344	792	1,041	
Sodium	mg . . .	75		64	147	193	
Zinc	mg . . .	6.19		5.26	12.13	15.95	
Copper	mg . . .	0.089		0.076	0.174	0.229	
Manganese	mg . . .	0.016		0.014	0.031	0.041	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.077		0.065	0.151	0.198	
Riboflavin	mg . . .	0.195		0.166	0.382	0.502	
Niacin	mg . . .	3.630		3.086	7.115	9.351	
Pantothenic acid	mg . . .	0.437		0.371	0.857	1.126	
Vitamin B ₆	mg . . .	0.37		0.31	0.73	0.95	
Folicin	mcg . . .	8		7	16	21	
Vitamin B ₁₂	mcg . . .	3.37		2.86	6.61	8.68	
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	6.04		5.14	11.85	15.57	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.01		0.01	0.02	0.02	
12:0	g . . .	0.01		0.01	0.02	0.02	
14:0	g . . .	0.45		0.38	0.88	1.16	
16:0	g . . .	3.42		2.90	6.69	8.80	
18:0	g . . .	1.89		1.61	3.70	4.87	
Monounsaturated, total	g . . .	6.25		5.31	12.25	16.10	
16:1	g . . .	0.48		0.41	0.95	1.25	
18:1	g . . .	5.54		4.70	10.85	14.26	
20:1	g . . .	0.01		0.00	0.01	0.01	
22:1	g . . .						
Polyunsaturated, total	g . . .	0.43		0.37	0.85	1.11	
18:2	g . . .	0.34		0.29	0.67	0.88	
18:3	g . . .	0.03		0.03	0.06	0.08	
18:4	g . . .						
20:4	g . . .	0.04		0.04	0.08	0.11	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	80		68	158	207	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.299		0.254	0.586	0.770	
Threonine	g . . .	1.168		0.993	2.289	3.009	
Isoleucine	g . . .	1.202		1.022	2.356	3.096	
Leucine	g . . .	2.113		1.796	4.141	5.443	
Lysine	g . . .	2.225		1.891	4.361	5.732	
Methionine	g . . .	0.684		0.581	1.341	1.762	
Cystine	g . . .	0.299		0.254	0.586	0.770	
Phenylalanine	g . . .	1.044		0.887	2.046	2.689	
Tyrosine	g . . .	0.898		0.763	1.760	2.313	
Valine	g . . .	1.301		1.106	2.550	3.351	
Arginine	g . . .	1.690		1.437	3.312	4.353	
Histidine	g . . .	0.915		0.778	1.793	2.357	
Alanine	g . . .	1.613		1.371	3.161	4.155	
Aspartic acid	g . . .	2.443		2.077	4.788	6.293	
Glutamic acid	g . . .	4.017		3.414	7.873	10.348	
Glycine	g . . .	1.459		1.240	2.860	3.758	
Proline	g . . .	1.181		1.004	2.315	3.042	
Serine	g . . .	1.022		0.869	2.003	2.633	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of
	Mean	Standard error	Number of samples	Approximate measure and weight		1 pound of food as purchased Refuse: Bone 18%, separable fat 22%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	70.76		320.98	20.06	194.81
Food energy	{ kcal	146		664	42	403
	{ kJ	613		2,780	174	1,687
Protein (N X6.25)	g	20.13		91.32	5.71	55.42
Total lipid (fat)	g	6.71		30.44	1.90	18.47
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.01		4.57	0.29	2.78
MINERALS:						
Calcium	mg	10		46	3	28
Iron	mg	2.18		9.90	0.62	6.01
Magnesium	mg	22		101	6	61
Phosphorus	mg	196		891	56	541
Potassium	mg	373		1,690	106	1,026
Sodium	mg	63		288	18	175
Zinc	mg	4.66		21.14	1.32	12.83
Copper	mg	0.067		0.304	0.019	0.184
Manganese	mg	0.014		0.064	0.004	0.039
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.094		0.426	0.027	0.259
Riboflavin	mg	0.147		0.667	0.042	0.405
Niacin	mg	3.743		16.978	1.061	10.304
Pantothenic acid	mg	0.338		1.533	0.096	0.931
Vitamin B ₆	mg	0.42		1.91	0.12	1.16
Folicin	mcg	6		28	2	17
Vitamin B ₁₂	mcg	3.57		16.18	1.01	9.82
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.75		12.47	0.78	7.57
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.01	0.00	0.01
12:0	g	0.00		0.01	0.00	0.01
14:0	g	0.19		0.87	0.05	0.53
16:0	g	1.56		7.09	0.44	4.30
18:0	g	0.86		3.89	0.24	2.36
Monounsaturated, total	g	3.00		13.63	0.85	8.27
16:1	g	0.24		1.07	0.07	0.65
18:1	g	2.64		11.97	0.75	7.26
20:1	g	0.01		0.03	0.00	0.02
22:1	g					
Polyunsaturated, total	g	0.23		1.03	0.06	0.62
18:2	g	0.19		0.87	0.05	0.53
18:3	g	0.01		0.04	0.00	0.02
18:4	g					
20:4	g	0.02		0.09	0.01	0.06
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59		266	17	161
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.225		1.021	0.064	0.619
Threonine	g	0.879		3.987	0.249	2.420
Isoleucine	g	0.905		4.105	0.257	2.491
Leucine	g	1.591		7.217	0.451	4.380
Lysine	g	1.675		7.598	0.475	4.611
Methionine	g	0.515		2.336	0.146	1.418
Cystine	g	0.225		1.021	0.064	0.619
Phenylalanine	g	0.786		3.565	0.223	2.164
Tyrosine	g	0.676		3.066	0.192	1.861
Valine	g	0.979		4.441	0.278	2.695
Arginine	g	1.272		5.770	0.361	3.502
Histidine	g	0.689		3.125	0.195	1.897
Alanine	g	1.214		5.507	0.344	3.342
Aspartic acid	g	1.839		8.342	0.521	5.063
Glutamic acid	g	3.025		13.721	0.858	8.328
Glycine	g	1.098		4.981	0.311	3.023
Proline	g	0.889		4.033	0.252	2.447
Serine	g	0.770		3.493	0.218	2.120

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 20%, separable fat 17%
				3 oz = 85 g	1 lb raw AP yields 226 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	59.64		50.69	134.78	170.44
Food energy	{ kcal . . .	209		178	473	598
	{ kJ . . .	875		744	1,978	2,501
Protein (N X6, 25)	g . . .	28.04		23.83	63.36	80.12
Total lipid (fat)	g . . .	9.92		8.43	22.41	28.34
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.23		1.05	2.79	3.53
MINERALS:						
Calcium	mg . . .	13		11	29	37
Iron	mg . . .	2.57		2.18	5.80	7.34
Magnesium	mg . . .	27		23	61	78
Phosphorus	mg . . .	208		177	469	594
Potassium	mg . . .	394		335	892	1,127
Sodium	mg . . .	69		58	155	196
Zinc	mg . . .	6.99		5.94	15.80	19.98
Copper	mg . . .	0.100		0.085	0.226	0.286
Manganese	mg . . .	0.016		0.014	0.036	0.046
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.105		0.089	0.237	0.300
Riboflavin	mg . . .	0.216		0.184	0.488	0.617
Niacin	mg . . .	4.800		4.080	10.848	13.718
Pantothenic acid	mg . . .	0.340		0.289	0.768	0.972
Vitamin B ₆	mg . . .	0.40		0.34	0.90	1.14
Folic acid	mcg . . .	8		7	19	24
Vitamin B ₁₂	mcg . . .	3.32		2.82	7.50	9.49
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	4.20		3.57	9.49	12.00
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.01	0.01	0.02
12:0	g . . .	0.01		0.01	0.01	0.02
14:0	g . . .	0.31		0.27	0.71	0.89
16:0	g . . .	2.37		2.02	5.36	6.78
18:0	g . . .	1.31		1.12	2.97	3.75
Monounsaturated, total	g . . .	4.34		3.69	9.81	12.41
16:1	g . . .	0.34		0.29	0.76	0.96
18:1	g . . .	3.85		3.27	8.69	10.99
20:1	g . . .	0.00		0.00	0.01	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.30		0.26	0.68	0.86
18:2	g . . .	0.24		0.20	0.54	0.68
18:3	g . . .	0.02		0.02	0.05	0.06
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.07	0.09
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	80		68	182	230
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.314		0.267	0.710	0.897
Threonine	g . . .	1.225		1.041	2.769	3.501
Isoleucine	g . . .	1.261		1.072	2.850	3.604
Leucine	g . . .	2.216		1.884	5.008	6.333
Lysine	g . . .	2.333		1.983	5.273	6.668
Methionine	g . . .	0.718		0.610	1.623	2.052
Cystine	g . . .	0.314		0.267	0.710	0.897
Phenylalanine	g . . .	1.095		0.931	2.475	3.130
Tyrosine	g . . .	0.942		0.801	2.129	2.692
Valine	g . . .	1.364		1.159	3.083	3.898
Arginine	g . . .	1.772		1.506	4.005	5.064
Histidine	g . . .	0.960		0.816	2.170	2.744
Alanine	g . . .	1.691		1.437	3.822	4.833
Aspartic acid	g . . .	2.562		2.178	5.790	7.322
Glutamic acid	g . . .	4.212		3.580	9.519	12.038
Glycine	g . . .	1.530		1.301	3.458	4.373
Proline	g . . .	1.238		1.052	2.798	3.538
Serine	g . . .	1.072		0.911	2.423	3.064

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 22%, separable fat 20%	
				3 oz = 85 g	1 lb raw AP yields 201 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	60.93		51.79	122.47		161.10
Food energy	{ kcal . . . kJ . . .	216 902		183 767	433 1,813		570 2,385
Protein (N X6, 25)	g . . .	26.74		22.73	53.75		70.70
Total lipid (fat)	g . . .	11.24		9.55	22.59		29.72
Carbohydrate, total	g . . .	0.00		0.00	0.00		0.00
Crude fiber	g . . .	0.00		0.00	0.00		0.00
Ash	g . . .	1.09		0.93	2.19		2.88
MINERALS:							
Calcium	mg . . .	13		11	26		35
Iron	mg . . .	2.30		1.96	4.62		6.08
Magnesium	mg . . .	25		21	51		67
Phosphorus	mg . . .	219		186	439		578
Potassium	mg . . .	404		344	813		1,069
Sodium	mg . . .	75		64	151		198
Zinc	mg . . .	6.19		5.26	12.44		16.37
Copper	mg . . .	0.089		0.076	0.179		0.235
Manganese	mg . . .	0.016		0.014	0.032		0.042
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0		0.0
Thiamin	mg . . .	0.077		0.065	0.155		0.204
Riboflavin	mg . . .	0.195		0.166	0.392		0.516
Niacin	mg . . .	3.630		3.086	7.296		9.598
Pantothenic acid	mg . . .	0.437		0.371	0.878		1.155
Vitamin B ₆	mg . . .	0.37		0.31	0.74		0.98
Folic acid	mcg . . .	8		7	17		22
Vitamin B ₁₂	mcg . . .	3.37		2.86	6.77		8.91
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --		-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	4.77		4.05	9.58		12.60
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.01		0.01	0.01		0.02
12:0	g . . .	0.01		0.01	0.02		0.02
14:0	g . . .	0.35		0.30	0.71		0.94
16:0	g . . .	2.69		2.29	5.41		7.12
18:0	g . . .	1.49		1.26	2.99		3.93
Monounsaturated, total	g . . .	4.49		3.81	9.01		11.86
16:1	g . . .	0.03		0.03	0.06		0.08
18:1	g . . .	4.36		3.71	8.77		11.53
20:1	g . . .	0.00		0.00	0.01		0.01
22:1	g . . .						
Polyunsaturated, total	g . . .	0.34		0.29	0.69		0.90
18:2	g . . .	0.27		0.23	0.54		0.71
18:3	g . . .	0.02		0.02	0.05		0.06
18:4	g . . .						
20:4	g . . .	0.03		0.03	0.07		0.09
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	80		68	162		213
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.299		0.254	0.601		0.791
Threonine	g . . .	1.168		0.993	2.348		3.088
Isoleucine	g . . .	1.202		1.022	2.416		3.178
Leucine	g . . .	2.113		1.796	4.247		5.587
Lysine	g . . .	2.225		1.891	4.472		5.883
Methionine	g . . .	0.684		0.581	1.375		1.808
Cystine	g . . .	0.299		0.254	0.601		0.791
Phenylalanine	g . . .	1.044		0.887	2.098		2.760
Tyrosine	g . . .	0.898		0.763	1.805		2.374
Valine	g . . .	1.301		1.106	2.615		3.440
Arginine	g . . .	1.690		1.437	3.397		4.468
Histidine	g . . .	0.915		0.778	1.839		2.419
Alanine	g . . .	1.613		1.371	3.242		4.265
Aspartic acid	g . . .	2.443		2.077	4.910		6.459
Glutamic acid	g . . .	4.017		3.414	8.074		10.621
Glycine	g . . .	1.459		1.240	2.933		3.858
Proline	g . . .	1.181		1.004	2.374		3.123
Serine	g . . .	1.022		0.869	2.054		2.702

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 17%, separable fat 26%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	66.35			300.97	18.81	170.33
Food energy { kcal . . .	200			905	57	512
{ kJ . . .	835			3,787	237	2,143
Protein (N X6.25) g . . .	20.13			91.32	5.71	51.68
Total lipid (fat) g . . .	12.59			57.12	3.57	32.33
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.01			4.57	0.29	2.59
MINERALS:						
Calcium mg . . .	10			46	3	26
Iron mg . . .	2.18			9.90	0.62	5.60
Magnesium mg . . .	22			101	6	57
Phosphorus mg . . .	196			891	56	504
Potassium mg . . .	373			1,690	106	956
Sodium mg . . .	63			288	18	163
Zinc mg . . .	4.66			21.14	1.32	11.96
Copper mg . . .	0.067			0.304	0.019	0.172
Manganese mg . . .	0.014			0.064	0.004	0.036
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.094			0.426	0.027	0.241
Riboflavin mg . . .	0.147			0.667	0.042	0.377
Niacin mg . . .	3.743			16.978	1.061	9.608
Pantothenic acid mg . . .	0.338			1.533	0.096	0.868
Vitamin B6 mg . . .	0.42			1.91	0.12	1.08
Folacin mcg . . .	6			28	2	16
Vitamin B12 mcg . . .	3.57			16.18	1.01	9.16
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	5.16			23.42	1.46	13.25
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.01			0.02	0.00	0.01
12:0 g . . .	0.01			0.03	0.00	0.02
14:0 g . . .	0.36			1.64	0.10	0.93
16:0 g . . .	2.93			13.29	0.83	7.52
18:0 g . . .	1.61			7.29	0.46	4.13
Monounsaturated, total g . . .	5.64			25.57	1.60	14.47
16:1 g . . .	0.44			2.01	0.13	1.14
18:1 g . . .	4.95			22.45	1.40	12.70
20:1 g . . .	0.01			0.06	0.00	0.04
22:1 g . . .						
Polyunsaturated, total g . . .	0.43			1.94	0.12	1.10
18:2 g . . .	0.36			1.63	0.10	0.92
18:3 g . . .	0.02			0.08	0.00	0.04
18:4 g . . .						
20:4 g . . .	0.04			0.17	0.01	0.10
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	59			266	17	150
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.225			1.021	0.064	0.578
Threonine g . . .	0.879			3.987	0.249	2.256
Isoleucine g . . .	0.905			4.105	0.257	2.323
Leucine g . . .	1.591			7.217	0.451	4.084
Lysine g . . .	1.675			7.598	0.475	4.300
Methionine g . . .	0.515			2.336	0.146	1.322
Cystine g . . .	0.225			1.021	0.064	0.578
Phenylalanine g . . .	0.786			3.565	0.223	2.018
Tyrosine g . . .	0.676			3.066	0.192	1.735
Valine g . . .	0.979			4.441	0.278	2.513
Arginine g . . .	1.272			5.770	0.361	3.265
Histidine g . . .	0.689			3.125	0.195	1.769
Alanine g . . .	1.214			5.507	0.344	3.116
Aspartic acid g . . .	1.839			8.342	0.521	4.721
Glutamic acid g . . .	3.025			13.721	0.858	7.765
Glycine g . . .	1.098			4.981	0.311	2.819
Proline g . . .	0.889			4.033	0.252	2.282
Serine g . . .	0.770			3.493	0.218	1.977

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight			Refuse: Bone 20%, separable fat 20%	g
				3 oz = 85 g	1 lb yields 215 g	raw AP g EP		
A	B	C	D	E	F		G	
PROXIMATE:								
Water	g . . .	55.72		47.36	119.80		151.39	
Food energy	kcal . . .	260		221	559		706	
	kJ . . .	1,087		924	2,337		2,953	
Protein (N X6.25)	g . . .	28.04		23.83	60.28		76.17	
Total lipid (fat)	g . . .	15.53		13.20	33.39		42.20	
Carbohydrate, total	g . . .	0.00		0.00	0.00		0.00	
Crude fiber	g . . .	0.00		0.00	0.00		0.00	
Ash	g . . .	1.23		1.05	2.65		3.35	
MINERALS:								
Calcium	mg . . .	13		11	28		35	
Iron	mg . . .	2.57		2.18	5.52		6.97	
Magnesium	mg . . .	27		23	58		74	
Phosphorus	mg . . .	208		177	447		564	
Potassium	mg . . .	394		335	848		1,072	
Sodium	mg . . .	69		58	147		186	
Zinc	mg . . .	6.99		5.94	15.03		18.99	
Copper	mg . . .	0.100		0.085	0.215		0.272	
Manganese	mg . . .	0.016		0.014	0.034		0.043	
VITAMINS:								
Ascorbic acid	mg . . .	0.0		0.0	0.0		0.0	
Thiamin	mg . . .	0.105		0.089	0.226		0.285	
Riboflavin	mg . . .	0.216		0.184	0.464		0.587	
Niacin	mg . . .	4.800		4.080	10.320		13.042	
Pantothenic acid	mg . . .	0.340		0.289	0.731		0.924	
Vitamin B ₆	mg . . .	0.40		0.34	0.86		1.09	
Folacin	mcg . . .	8		7	18		23	
Vitamin B ₁₂	mcg . . .	3.32		2.82	7.14		9.02	
Vitamin A	RE . . .	--		--	--		--	
	IU . . .	--		--	--		--	
LIPIDS:								
Fatty acids:								
Saturated, total	g . . .	6.58		5.59	14.15		17.88	
4:0	g . . .							
6:0	g . . .							
8:0	g . . .							
10:0	g . . .	0.01		0.01	0.02		0.02	
12:0	g . . .	0.01		0.01	0.02		0.03	
14:0	g . . .	0.49		0.42	1.05		1.33	
16:0	g . . .	3.72		3.16	7.99		10.10	
18:0	g . . .	2.06		1.75	4.42		5.59	
Monounsaturated, total	g . . .	6.80		5.78	14.63		18.48	
16:1	g . . .	0.53		0.45	1.13		1.43	
18:1	g . . .	6.03		5.12	12.95		16.37	
20:1	g . . .	0.01		0.01	0.01		0.02	
22:1	g . . .							
Polyunsaturated, total	g . . .	0.47		0.40	1.01		1.28	
18:2	g . . .	0.37		0.32	0.80		1.01	
18:3	g . . .	0.03		0.03	0.07		0.09	
18:4	g . . .							
20:4	g . . .	0.05		0.04	0.10		0.13	
20:5	g . . .							
22:5	g . . .							
22:6	g . . .							
Cholesterol	mg . . .	80		68	173		218	
Phytosterols	mg . . .							
AMINO ACIDS:								
Tryptophan	g . . .	0.314		0.267	0.675		0.853	
Threonine	g . . .	1.225		1.041	2.634		3.328	
Isoleucine	g . . .	1.261		1.072	2.711		3.426	
Leucine	g . . .	2.216		1.884	4.764		6.021	
Lysine	g . . .	2.333		1.983	5.016		6.339	
Methionine	g . . .	0.718		0.610	1.544		1.951	
Cystine	g . . .	0.314		0.267	0.675		0.853	
Phenylalanine	g . . .	1.095		0.931	2.354		2.975	
Tyrosine	g . . .	0.942		0.801	2.025		2.559	
Valine	g . . .	1.364		1.159	2.933		3.706	
Arginine	g . . .	1.772		1.506	3.810		4.815	
Histidine	g . . .	0.960		0.816	2.064		2.608	
Alanine	g . . .	1.691		1.437	3.636		4.594	
Aspartic acid	g . . .	2.562		2.178	5.508		6.961	
Glutamic acid	g . . .	4.212		3.580	9.056		11.444	
Glycine	g . . .	1.530		1.301	3.290		4.157	
Proline	g . . .	1.238		1.052	2.662		3.364	
Serine	g . . .	1.072		0.911	2.305		2.913	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 21%, separable fat 24%	
				3 oz = 85 g	1 lb raw AP yields 188 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	51.08		43.42	96.03	126.73	
Food energy	{ kcal	304		259	572	755	
	{ kJ	1,274		1,083	2,394	3,160	
Protein (N X6.25)	g	26.74		22.73	50.27	66.34	
Total lipid (fat)	g	21.09		17.93	39.65	52.32	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.09		0.93	2.05	2.70	
MINERALS:							
Calcium	mg	13		11	25	32	
Iron	mg	2.30		1.96	4.32	5.71	
Magnesium	mg	25		21	47	63	
Phosphorus	mg	219		186	411	542	
Potassium	mg	404		344	760	1,003	
Sodium	mg	75		64	141	186	
Zinc	mg	6.19		5.26	11.64	15.36	
Copper	mg	0.089		0.076	0.167	0.221	
Manganese	mg	0.016		0.014	0.030	0.040	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.077		0.065	0.145	0.191	
Riboflavin	mg	0.195		0.166	0.367	0.484	
Niacin	mg	3.630		3.086	6.824	9.006	
Pantothenic acid	mg	0.437		0.371	0.822	1.084	
Vitamin B ₆	mg	0.37		0.31	0.70	0.92	
Folacin	mcg	8		7	16	21	
Vitamin B ₁₂	mcg	3.37		2.86	6.34	8.36	
Vitamin A	{ RE	--		--	--	--	
	{ IU	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g	8.94		7.59	16.80	22.17	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.01	0.02	0.03	
12:0	g	0.01		0.01	0.03	0.03	
14:0	g	0.66		0.56	1.25	1.65	
16:0	g	5.05		4.29	9.49	12.52	
18:0	g	2.79		2.37	5.25	6.92	
Monounsaturated, total	g	9.23		7.85	17.36	22.91	
16:1	g	0.72		0.61	1.34	1.77	
18:1	g	8.18		6.95	15.37	20.29	
20:1	g	0.01		0.01	0.02	0.02	
22:1	g						
Polyunsaturated, total	g	0.64		0.54	1.20	1.58	
18:2	g	0.50		0.43	0.95	1.25	
18:3	g	0.05		0.04	0.08	0.11	
18:4	g						
20:4	g	0.06		0.05	0.12	0.16	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80		68	151	200	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.299		0.254	0.562	0.742	
Threonine	g	1.168		0.993	2.196	2.898	
Isoleucine	g	1.202		1.022	2.260	2.982	
Leucine	g	2.113		1.796	3.972	5.242	
Lysine	g	2.225		1.891	4.183	5.520	
Methionine	g	0.684		0.581	1.286	1.697	
Cystine	g	0.299		0.254	0.562	0.742	
Phenylalanine	g	1.044		0.887	1.963	2.590	
Tyrosine	g	0.898		0.763	1.688	2.228	
Valine	g	1.301		1.106	2.446	3.228	
Arginine	g	1.690		1.437	3.177	4.193	
Histidine	g	0.915		0.778	1.720	2.270	
Alanine	g	1.613		1.371	3.032	4.002	
Aspartic acid	g	2.443		2.077	4.593	6.061	
Glutamic acid	g	4.017		3.414	7.552	9.966	
Glycine	g	1.459		1.240	2.743	3.620	
Proline	g	1.181		1.004	2.220	2.930	
Serine	g	1.022		0.869	1.921	2.536	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 27%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	48.29		219.02	13.69	160.74
Food energy	{ kcal . . . kJ . . .	388 1,624		1,761 7,368	110 461	1,292 5,408
Protein (N X 6.25)	g . . .	14.40		65.30	4.08	47.93
Total lipid (fat)	g . . .	36.23		164.33	10.27	120.60
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.68		3.08	0.19	2.26
MINERALS:						
Calcium	mg . . .	9		41	3	30
Iron	mg . . .	1.55		7.03	0.44	5.16
Magnesium	mg . . .	14		62	4	46
Phosphorus	mg . . .	137		624	39	458
Potassium	mg . . .	232		1,053	66	772
Sodium	mg . . .	49		224	14	165
Zinc	mg . . .	3.16		14.32	0.89	10.51
Copper	mg . . .	0.053		0.240	0.015	0.176
Manganese	mg . . .	0.011		0.050	0.003	0.037
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.071		0.322	0.020	0.236
Riboflavin	mg . . .	0.118		0.535	0.033	0.393
Niacin	mg . . .	2.556		11.594	0.725	8.509
Pantothenic acid	mg . . .	0.241		1.093	0.068	0.802
Vitamin B ₆	mg . . .	0.30		1.34	0.08	0.98
Folic acid	mcg . . .	5		21	1	16
Vitamin B ₁₂	mcg . . .	2.56		11.62	0.73	8.53
Vitamin A	RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	15.76		71.49	4.47	52.47
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.14		0.62	0.04	0.45
12:0	g . . .	0.09		0.43	0.03	0.31
14:0	g . . .	1.20		5.44	0.34	3.99
16:0	g . . .	9.00		40.83	2.55	29.96
18:0	g . . .	4.54		20.61	1.29	15.13
Monounsaturated, total	g . . .	16.39		74.33	4.65	54.55
16:1	g . . .	1.88		8.53	0.53	6.26
18:1	g . . .	13.73		62.26	3.89	45.69
20:1	g . . .	0.05		0.24	0.02	0.18
22:1	g . . .					
Polyunsaturated, total	g . . .	1.32		6.00	0.37	4.40
18:2	g . . .	0.81		3.68	0.23	2.70
18:3	g . . .	0.48		2.15	0.13	1.58
18:4	g . . .					
20:4	g . . .	0.02		0.09	0.01	0.06
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	76		345	22	253
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.161		0.730	0.046	0.536
Threonine	g . . .	0.629		2.853	0.178	2.094
Isoleucine	g . . .	0.647		2.935	0.183	2.154
Leucine	g . . .	1.138		5.162	0.323	3.788
Lysine	g . . .	1.198		5.434	0.340	3.988
Methionine	g . . .	0.368		1.669	0.104	1.225
Cystine	g . . .	0.161		0.730	0.046	0.536
Phenylalanine	g . . .	0.562		2.549	0.159	1.871
Tyrosine	g . . .	0.484		2.195	0.137	1.611
Valine	g . . .	0.700		3.175	0.198	2.330
Arginine	g . . .	0.910		4.128	0.258	3.029
Histidine	g . . .	0.493		2.236	0.140	1.641
Alanine	g . . .	0.868		3.937	0.246	2.890
Aspartic acid	g . . .	1.315		5.965	0.373	4.378
Glutamic acid	g . . .	2.163		9.811	0.613	7.201
Glycine	g . . .	0.785		3.561	0.223	2.613
Proline	g . . .	0.636		2.885	0.180	2.117
Serine	g . . .	0.550		2.495	0.156	1.831

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 29%
				3 oz = 85 g	1 lb raw AP yields 226 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	35.72		30.36	80.73	115.38
Food energy	{ kcal . .	471		400	1,064	1,521
	{ kJ . . .	1,970		1,674	4,452	6,362
Protein (N X6 . 25)	g . . .	21.57		18.33	48.74	69.66
Total lipid (fat)	g . . .	41.98		35.69	94.88	135.61
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.74		0.63	1.66	2.38
MINERALS:						
Calcium	mg . . .	12		10	28	40
Iron	mg . . .	2.31		1.96	5.21	7.45
Magnesium	mg . . .	15		13	34	48
Phosphorus	mg . . .	162		138	366	523
Potassium	mg . . .	224		191	507	724
Sodium	mg . . .	50		43	114	163
Zinc	mg . . .	4.88		4.14	11.02	15.75
Copper	mg . . .	0.099		0.084	0.224	0.320
Manganese	mg . . .	0.013		0.011	0.029	0.042
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.050		0.043	0.113	0.162
Riboflavin	mg . . .	0.150		0.128	0.339	0.485
Niacin	mg . . .	2.452		2.084	5.542	7.920
Pantothenic acid	mg . . .	0.252		0.214	0.570	0.814
Vitamin B ₆	mg . . .	0.22		0.18	0.49	0.70
Folic acid	mcg . . .	5		4	11	16
Vitamin B ₁₂	mcg . . .	2.62		2.23	5.92	8.46
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	17.80		15.13	40.22	57.48
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.13		0.11	0.29	0.42
12:0	g . . .	0.12		0.10	0.27	0.39
14:0	g . . .	1.38		1.18	3.13	4.47
16:0	g . . .	10.48		8.91	23.69	33.86
18:0	g . . .	4.92		4.18	11.11	15.88
Monounsaturated, total	g . . .	18.88		16.05	42.66	60.97
16:1	g . . .	1.78		1.51	4.01	5.74
18:1	g . . .	16.23		13.79	36.67	52.41
20:1	g . . .	0.08		0.07	0.19	0.27
22:1	g . . .					
Polyunsaturated, total	g . . .	1.53		1.30	3.45	4.93
18:2	g . . .	0.98		0.83	2.20	3.15
18:3	g . . .	0.50		0.43	1.13	1.62
18:4	g . . .					
20:4	g . . .	0.03		0.02	0.06	0.09
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	94		80	212	304
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.242		0.206	0.547	0.782
Threonine	g . . .	0.942		0.801	2.129	3.043
Isoleucine	g . . .	0.969		0.824	2.190	3.130
Leucine	g . . .	1.704		1.448	3.851	5.504
Lysine	g . . .	1.794		1.525	4.054	5.795
Methionine	g . . .	0.552		0.469	1.248	1.783
Cystine	g . . .	0.242		0.206	0.547	0.782
Phenylalanine	g . . .	0.842		0.716	1.903	2.720
Tyrosine	g . . .	0.725		0.616	1.639	2.342
Valine	g . . .	1.049		0.892	2.371	3.388
Arginine	g . . .	1.363		1.159	3.080	4.402
Histidine	g . . .	0.738		0.627	1.668	2.384
Alanine	g . . .	1.301		1.106	2.940	4.202
Aspartic acid	g . . .	1.970		1.675	4.452	6.363
Glutamic acid	g . . .	3.240		2.754	7.322	10.465
Glycine	g . . .	1.176		1.000	2.658	3.798
Proline	g . . .	0.952		0.809	2.152	3.075
Serine	g . . .	0.825		0.701	1.865	2.665

BEEF, RIB, SHORTRIBS, SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 27%, separable fat 32%	
				1 lb	1 oz		
				= 453.6 g	= 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	69.38	1.133	4	314.71	19.67	131.27
Food energy	{ kcal	173			786	49	328
	{ kJ	725			3,287	205	1,371
Protein (N X6.25)	g	19.05	0.299	4	86.41	5.40	36.04
Total lipid (fat)	g	10.19	1.425	4	46.20	2.89	19.27
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.98			4.45	0.28	1.86
MINERALS:							
Calcium	mg	8			38	2	16
Iron	mg	2.16			9.78	0.61	4.08
Magnesium	mg	22			99	6	41
Phosphorus	mg	190			860	54	359
Potassium	mg	357			1,618	101	675
Sodium	mg	65			293	18	122
Zinc	mg	4.78			21.66	1.35	9.04
Copper	mg	0.069			0.313	0.020	0.131
Manganese	mg	0.014			0.064	0.004	0.026
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.094			0.426	0.027	0.178
Riboflavin	mg	0.154			0.699	0.044	0.291
Niacin	mg	3.412			15.477	0.967	6.456
Pantothenic acid	mg	0.320			1.452	0.091	0.605
Vitamin B ₆	mg	0.39			1.77	0.11	0.74
Folicin	mcg	6			27	2	11
Vitamin B ₁₂	mcg	3.39			15.38	0.96	6.41
Vitamin A	{ RE	--			--	--	--
	{ IU	--			--	--	--
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.33			19.64	1.23	8.19
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.03	0.00	0.01
12:0	g	0.01			0.03	0.00	0.01
14:0	g	0.31			1.39	0.09	0.58
16:0	g	2.45			11.09	0.69	4.63
18:0	g	1.34			6.06	0.38	2.53
Monounsaturated, total	g	4.38			19.86	1.24	8.29
16:1	g	0.38			1.72	0.11	0.72
18:1	g	3.79			17.20	1.08	7.17
20:1	g	0.01			0.06	0.00	0.02
22:1	g						
Polyunsaturated, total	g	0.38			1.73	0.11	0.72
18:2	g	0.30			1.37	0.09	0.57
18:3	g	0.03			0.12	0.01	0.05
18:4	g						
20:4	g	0.04			0.16	0.01	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59			267	17	111
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.213			0.966	0.060	0.403
Threonine	g	0.832			3.774	0.236	1.574
Isoleucine	g	0.856			3.883	0.243	1.620
Leucine	g	1.506			6.831	0.427	2.849
Lysine	g	1.585			7.190	0.449	2.999
Methionine	g	0.488			2.214	0.138	0.923
Cystine	g	0.213			0.966	0.060	0.403
Phenylalanine	g	0.744			3.375	0.211	1.408
Tyrosine	g	0.640			2.903	0.181	1.211
Valine	g	0.927			4.205	0.263	1.754
Arginine	g	1.204			5.461	0.341	2.278
Histidine	g	0.652			2.957	0.185	1.234
Alanine	g	1.149			5.212	0.326	2.174
Aspartic acid	g	1.740			7.893	0.493	3.292
Glutamic acid	g	2.862			12.982	0.811	5.415
Glycine	g	1.039			4.713	0.295	1.966
Proline	g	0.841			3.815	0.238	1.591
Serine	g	0.728			3.302	0.206	1.377

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 29%, separable fat 33%
				3 oz = 85 g	1 lb raw AP yields 123 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	50.15	0.895	4	42.63	61.69	87.82
Food energy { kcal . . .	295			251	363	516
{ kJ . . .	1,234			1,049	1,518	2,160
Protein (N X6.25) g . . .	30.76	0.951	4	26.14	37.83	53.86
Total lipid (fat) g . . .	18.13	1.787	4	15.41	22.30	31.75
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.98			0.83	1.20	1.71
MINERALS:						
Calcium mg . . .	11			9	13	19
Iron mg . . .	3.36			2.86	4.13	5.88
Magnesium mg . . .	22			19	27	39
Phosphorus mg . . .	235			199	288	411
Potassium mg . . .	313			266	385	548
Sodium mg . . .	58			50	72	102
Zinc mg . . .	7.80			6.63	9.59	13.66
Copper mg . . .	0.107			0.091	0.132	0.187
Manganese mg . . .	0.018			0.015	0.022	0.032
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.065			0.055	0.080	0.114
Riboflavin mg . . .	0.202			0.172	0.248	0.354
Niacin mg . . .	3.208			2.727	3.946	5.617
Pantothenic acid mg . . .	0.337			0.286	0.415	0.590
Vitamin B ₆ mg . . .	0.28			0.24	0.34	0.49
Folicin mcg . . .	7			6	8	12
Vitamin B ₁₂ mcg . . .	3.46			2.94	4.26	6.06
Vitamin A { RE . . .	--			--	--	--
IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	7.74			6.58	9.52	13.56
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.01			0.01	0.01	0.02
12:0 g . . .	0.01			0.01	0.02	0.02
14:0 g . . .	0.57			0.49	0.70	1.00
16:0 g . . .	4.35			3.70	5.35	7.62
18:0 g . . .	2.44			2.07	3.00	4.27
Monounsaturated, total g . . .	7.98			6.78	9.81	13.97
16:1 g . . .	0.63			0.54	0.78	1.11
18:1 g . . .	7.04			5.98	8.66	12.32
20:1 g . . .	0.01			0.01	0.01	0.02
22:1 g . . .						
Polyunsaturated, total g . . .	0.55			0.47	0.68	0.97
18:2 g . . .	0.43			0.37	0.53	0.75
18:3 g . . .	0.05			0.04	0.06	0.09
18:4 g . . .						
20:4 g . . .	0.05			0.04	0.06	0.09
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	93			79	114	163
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.344			0.292	0.423	0.602
Threonine g . . .	1.343			1.142	1.652	2.352
Isoleucine g . . .	1.383			1.176	1.701	2.422
Leucine g . . .	2.431			2.066	2.990	4.257
Lysine g . . .	2.559			2.175	3.148	4.481
Methionine g . . .	0.787			0.669	0.968	1.378
Cystine g . . .	0.344			0.292	0.423	0.602
Phenylalanine g . . .	1.201			1.021	1.477	2.103
Tyrosine g . . .	1.033			0.878	1.271	1.809
Valine g . . .	1.496			1.272	1.840	2.619
Arginine g . . .	1.944			1.652	2.391	3.404
Histidine g . . .	1.053			0.895	1.295	1.844
Alanine g . . .	1.855			1.577	2.282	3.248
Aspartic acid g . . .	2.810			2.389	3.456	4.920
Glutamic acid g . . .	4.621			3.928	5.684	8.091
Glycine g . . .	1.678			1.426	2.064	2.938
Proline g . . .	1.358			1.154	1.670	2.378
Serine g . . .	1.176			1.000	1.446	2.059

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 7%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	62.17		282.02	17.63	263.68
Food energy	{ <i>kcal</i> <i>kJ</i>	241 1,008		1,093 4,573	68 286	1,022 4,276
Protein (N X 6.25)	g	19.39		87.95	5.50	82.23
Total lipid (fat)	g	17.54		79.55	4.97	74.37
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.91		4.15	0.26	3.88
MINERALS:						
Calcium	mg	5		23	1	22
Iron	mg	1.88		8.51	0.53	7.96
Magnesium	mg	20		92	6	86
Phosphorus	mg	186		846	53	791
Potassium	mg	316		1,434	90	1,341
Sodium	mg	51		232	15	217
Zinc	mg	3.03		13.74	0.86	12.84
Copper	mg	0.071		0.322	0.020	0.301
Manganese	mg	0.013		0.059	0.004	0.055
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.096		0.435	0.027	0.407
Riboflavin	mg	0.165		0.748	0.047	0.700
Niacin	mg	3.520		15.967	0.998	14.928
Pantothenic acid	mg	0.339		1.538	0.096	1.438
Vitamin B ₆	mg	0.45		2.02	0.13	1.89
Folic acid	mcg	8		35	2	32
Vitamin B ₁₂	mcg	2.69		12.21	0.76	11.41
Vitamin A	{ <i>RE</i> <i>IU</i>	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.44		33.73	2.11	31.53
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.07		0.32	0.02	0.30
12:0	g	0.05		0.21	0.01	0.20
14:0	g	0.55		2.49	0.16	2.32
16:0	g	4.25		19.28	1.20	18.02
18:0	g	2.08		9.44	0.59	8.83
Monounsaturated, total	g	7.87		35.72	2.23	33.39
16:1	g	0.91		4.13	0.26	3.86
18:1	g	6.64		30.13	1.88	28.17
20:1	g	0.00		0.02	0.00	0.02
22:1	g					
Polyunsaturated, total	g	0.68		3.09	0.19	2.89
18:2	g	0.42		1.90	0.12	1.78
18:3	g	0.23		1.03	0.06	0.96
18:4	g					
20:4	g	0.03		0.12	0.01	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	66		298	19	279
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.217		0.984	0.062	0.920
Threonine	g	0.847		3.842	0.240	3.592
Isoleucine	g	0.872		3.955	0.247	3.698
Leucine	g	1.532		6.949	0.434	6.497
Lysine	g	1.613		7.317	0.457	6.841
Methionine	g	0.496		2.250	0.141	2.104
Cystine	g	0.217		0.984	0.062	0.920
Phenylalanine	g	0.757		3.434	0.215	3.210
Tyrosine	g	0.651		2.953	0.185	2.761
Valine	g	0.943		4.277	0.267	3.999
Arginine	g	1.225		5.557	0.347	5.195
Histidine	g	0.664		3.012	0.188	2.816
Alanine	g	1.169		5.303	0.331	4.958
Aspartic acid	g	1.771		8.033	0.502	7.511
Glutamic acid	g	2.913		13.213	0.826	12.354
Glycine	g	1.058		4.799	0.300	4.487
Proline	g	0.856		3.883	0.243	3.630
Serine	g	0.741		3.361	0.210	3.143

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%
				3 oz = 85 g	1 lb raw AP yields 304 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	55.12		46.85	167.55	223.50
Food energy	{ kcal kJ	274 1,145		233 973	832 3,480	1,109 4,642
Protein (N X6.25)	g	25.54		21.70	77.63	103.54
Total lipid (fat)	g	18.24		15.51	55.46	73.98
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.11		0.94	3.36	4.48
MINERALS:						
Calcium	mg	7		6	21	28
Iron	mg	2.42		2.05	7.34	9.79
Magnesium	mg	24		21	74	99
Phosphorus	mg	211		179	640	854
Potassium	mg	366		311	1,113	1,485
Sodium	mg	60		51	183	244
Zinc	mg	4.13		3.51	12.56	16.76
Copper	mg	0.097		0.082	0.295	0.393
Manganese	mg	0.015		0.013	0.046	0.061
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.090		0.077	0.274	0.365
Riboflavin	mg	0.206		0.175	0.626	0.835
Niacin	mg	3.742		3.181	11.376	15.174
Pantothenic acid	mg	0.364		0.309	1.107	1.476
Vitamin B ₆	mg	0.44		0.38	1.35	1.80
Folic acid	mcg	9		8	27	36
Vitamin B ₁₂	mcg	2.75		2.34	8.37	11.17
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.30		6.21	22.20	29.61
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.05		0.04	0.14	0.19
12:0	g	0.04		0.04	0.13	0.18
14:0	g	0.55		0.47	1.68	2.23
16:0	g	4.34		3.69	13.19	17.59
18:0	g	2.01		1.70	6.10	8.13
Monounsaturated, total	g	8.00		6.80	24.31	32.43
16:1	g	0.52		0.44	1.57	2.09
18:1	g	6.97		5.92	21.18	28.25
20:1	g	0.03		0.02	0.09	0.12
22:1	g					
Polyunsaturated, total	g	0.82		0.70	2.50	3.34
18:2	g	0.48		0.40	1.44	1.93
18:3	g	0.19		0.16	0.58	0.77
18:4	g					
20:4	g	0.04		0.03	0.12	0.16
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	84		71	255	341
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.286		0.243	0.869	1.160
Threonine	g	1.115		0.948	3.390	4.521
Isoleucine	g	1.148		0.976	3.490	4.655
Leucine	g	2.018		1.715	6.135	8.183
Lysine	g	2.125		1.806	6.460	8.617
Methionine	g	0.654		0.556	1.988	2.652
Cystine	g	0.286		0.243	0.869	1.160
Phenylalanine	g	0.997		0.847	3.031	4.043
Tyrosine	g	0.858		0.729	2.608	3.479
Valine	g	1.242		1.056	3.776	5.036
Arginine	g	1.614		1.372	4.907	6.545
Histidine	g	0.874		0.743	2.657	3.544
Alanine	g	1.540		1.309	4.682	6.245
Aspartic acid	g	2.333		1.983	7.092	9.460
Glutamic acid	g	3.837		3.261	11.664	15.559
Glycine	g	1.393		1.184	4.235	5.649
Proline	g	1.128		0.959	3.429	4.574
Serine	g	0.977		0.830	2.970	3.962

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 7%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	63.11		286.24	17.89	266.49
Food energy	{ kcal . . . kJ . . .	231 966		1,047 4,380	65 274	975 4,078
Protein (N X6.25)	g . . .	19.52		88.56	5.53	82.45
Total lipid (fat)	g . . .	16.34		74.14	4.63	69.02
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.92		4.18	0.26	3.89
MINERALS:						
Calcium	mg . . .	5		23	1	21
Iron	mg . . .	1.89		8.59	0.54	7.99
Magnesium	mg . . .	21		93	6	87
Phosphorus	mg . . .	188		852	53	794
Potassium	mg . . .	319		1,448	90	1,348
Sodium	mg . . .	51		234	15	217
Zinc	mg . . .	3.06		13.87	0.87	12.91
Copper	mg . . .	0.072		0.327	0.020	0.304
Manganese	mg . . .	0.013		0.059	0.004	0.055
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.096		0.435	0.027	0.405
Riboflavin	mg . . .	0.166		0.753	0.047	0.701
Niacin	mg . . .	3.545		16.080	1.005	14.971
Pantothenic acid	mg . . .	0.342		1.551	0.097	1.444
Vitamin B ₆	mg . . .	0.45		2.04	0.13	1.90
Folacin	mcg . . .	8		35	2	33
Vitamin B ₁₂	mcg . . .	2.71		12.27	0.77	11.43
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.95		31.53	1.97	29.35
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.30	0.02	0.28
12:0	g . . .	0.04		0.20	0.01	0.18
14:0	g . . .	0.51		2.33	0.15	2.17
16:0	g . . .	3.97		18.01	1.13	16.77
18:0	g . . .	1.94		8.81	0.55	8.20
Monounsaturated, total	g . . .	7.35		33.34	2.08	31.04
16:1	g . . .	0.86		3.88	0.24	3.61
18:1	g . . .	6.20		28.10	1.76	26.16
20:1	g . . .	0.00		0.01	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.63		2.87	0.18	2.67
18:2	g . . .	0.39		1.76	0.11	1.63
18:3	g . . .	0.21		0.97	0.06	0.90
20:4	g . . .					
20:5	g . . .	0.02		0.10	0.01	0.10
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	65		297	19	276
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.219		0.993	0.062	0.925
Threonine	g . . .	0.853		3.869	0.242	3.602
Isoleucine	g . . .	0.878		3.983	0.249	3.708
Leucine	g . . .	1.543		6.999	0.437	6.516
Lysine	g . . .	1.624		7.366	0.460	6.858
Methionine	g . . .	0.500		2.268	0.142	2.112
Cystine	g . . .	0.219		0.993	0.062	0.925
Phenylalanine	g . . .	0.762		3.456	0.216	3.218
Tyrosine	g . . .	0.656		2.976	0.186	2.770
Valine	g . . .	0.950		4.309	0.269	4.012
Arginine	g . . .	1.234		5.597	0.350	5.211
Histidine	g . . .	0.669		3.035	0.190	2.825
Alanine	g . . .	1.178		5.343	0.334	4.975
Aspartic acid	g . . .	1.784		8.092	0.506	7.534
Glutamic acid	g . . .	2.933		13.304	0.832	12.386
Glycine	g . . .	1.065		4.831	0.302	4.497
Proline	g . . .	0.862		3.910	0.244	3.640
Serine	g . . .	0.747		3.388	0.212	3.155

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%
				3 oz = 85 g	1 lb raw AP yields 302 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	56.44		47.97	170.45	227.57
Food energy	{ kcal kJ . . .	262 1,095		222 930	790 3,305	1,055 4,413
Protein (N X 6.25)	g . . .	25.67		21.82	77.52	103.50
Total lipid (fat)	g . . .	16.86		14.33	50.91	67.96
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		0.88	3.14	4.19
MINERALS:						
Calcium	mg . . .	7		6	20	27
Iron	mg . . .	2.43		2.07	7.34	9.81
Magnesium	mg . . .	25		21	74	99
Phosphorus	mg . . .	212		180	640	854
Potassium	mg . . .	368		313	1,113	1,486
Sodium	mg . . .	60		51	182	243
Zinc	mg . . .	4.17		3.54	12.58	16.80
Copper	mg . . .	0.097		0.082	0.293	0.391
Manganese	mg . . .	0.015		0.013	0.045	0.060
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.091		0.077	0.275	0.367
Riboflavin	mg . . .	0.207		0.176	0.625	0.835
Niacin	mg . . .	3.762		3.198	11.361	15.168
Pantothenic acid	mg . . .	0.367		0.312	1.108	1.480
Vitamin B ₆	mg . . .	0.45		0.38	1.35	1.80
Folic acid	mcg . . .	9		8	27	36
Vitamin B ₁₂	mcg . . .	2.77		2.35	8.35	11.15
Vitamin A	{ RE IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.75		5.74	20.39	27.22
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.04		0.04	0.13	0.18
12:0	g . . .	0.04		0.03	0.12	0.17
14:0	g . . .	0.51		0.43	1.54	2.06
16:0	g . . .	4.01		3.41	12.12	16.18
18:0	g . . .	1.43		1.21	4.31	5.75
Monounsaturated, total	g . . .	7.38		6.27	22.29	29.76
16:1	g . . .	0.71		0.60	2.14	2.85
18:1	g . . .	6.43		5.46	19.41	25.92
20:1	g . . .	0.03		0.02	0.08	0.11
22:1	g . . .					
Polyunsaturated, total	g . . .	0.76		0.64	2.29	3.05
18:2	g . . .	0.44		0.37	1.31	1.75
18:3	g . . .	0.18		0.15	0.54	0.72
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.12	0.16
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	84		71	253	338
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.287		0.244	0.867	1.157
Threonine	g . . .	1.121		0.953	3.385	4.520
Isoleucine	g . . .	1.154		0.981	3.485	4.653
Leucine	g . . .	2.029		1.725	6.128	8.181
Lysine	g . . .	2.136		1.816	6.451	8.612
Methionine	g . . .	0.657		0.558	1.984	2.649
Cystine	g . . .	0.287		0.244	0.867	1.157
Phenylalanine	g . . .	1.002		0.852	3.026	4.040
Tyrosine	g . . .	0.862		0.733	2.603	3.476
Valine	g . . .	1.249		1.062	3.772	5.036
Arginine	g . . .	1.622		1.379	4.898	6.540
Histidine	g . . .	0.879		0.747	2.655	3.544
Alanine	g . . .	1.548		1.316	4.675	6.242
Aspartic acid	g . . .	2.345		1.993	7.082	9.455
Glutamic acid	g . . .	3.856		3.278	11.645	15.547
Glycine	g . . .	1.400		1.190	4.228	5.645
Proline	g . . .	1.134		0.964	3.425	4.572
Serine	g . . .	0.982		0.835	2.966	3.959

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 7%, separable fat 18%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	72.08		326.96	20.43	247.45
Food energy	{ kcal	139		629	39	476
	{ kJ	580		2,631	164	1,991
Protein (N X6, 25)	g	22.03		99.93	6.25	75.63
Total lipid (fat)	g	4.94		22.41	1.40	16.96
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.06		4.83	0.30	3.65
MINERALS:						
Calcium	mg	4		18	1	13
Iron	mg	2.14		9.72	0.61	7.36
Magnesium	mg	24		111	7	84
Phosphorus	mg	214		973	61	736
Potassium	mg	375		1,702	106	1,288
Sodium	mg	56		256	16	194
Zinc	mg	3.51		15.90	0.99	12.04
Copper	mg	0.080		0.363	0.023	0.275
Manganese	mg	0.014		0.064	0.004	0.048
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.108		0.490	0.031	0.371
Riboflavin	mg	0.187		0.848	0.053	0.642
Niacin	mg	4.016		18.217	1.139	13.787
Pantothenic acid	mg	0.386		1.751	0.109	1.325
Vitamin B ₆	mg	0.51		2.31	0.14	1.75
Folacin	mcg	9		40	2	30
Vitamin B ₁₂	mcg	2.98		13.52	0.85	10.23
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.78		8.06	0.50	6.10
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.00	0.00
12:0	g	0.00		0.00	0.00	0.00
14:0	g	0.11		0.52	0.03	0.39
16:0	g	1.07		4.87	0.30	3.68
18:0	g	0.50		2.27	0.14	1.72
Monounsaturated, total	g	2.17		9.85	0.62	7.45
16:1	g	0.20		0.93	0.06	0.70
18:1	g	1.87		8.50	0.53	6.43
20:1	g	0.00		0.02	0.00	0.01
22:1	g					
Polyunsaturated, total	g	0.22		0.98	0.06	0.74
18:2	g	0.17		0.75	0.05	0.57
18:3	g	0.01		0.05	0.00	0.03
18:4	g					
20:4	g	0.03		0.15	0.01	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	58		263	16	199
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.247		1.120	0.070	0.848
Threonine	g	0.962		4.364	0.273	3.303
Isoleucine	g	0.991		4.495	0.281	3.402
Leucine	g	1.741		7.897	0.494	5.977
Lysine	g	1.833		8.314	0.520	6.293
Methionine	g	0.564		2.558	0.160	1.936
Cystine	g	0.247		1.120	0.070	0.848
Phenylalanine	g	0.860		3.901	0.244	2.952
Tyrosine	g	0.740		3.357	0.210	2.540
Valine	g	1.072		4.863	0.304	3.680
Arginine	g	1.392		6.314	0.395	4.779
Histidine	g	0.754		3.420	0.214	2.588
Alanine	g	1.329		6.028	0.377	4.562
Aspartic acid	g	2.013		9.131	0.571	6.911
Glutamic acid	g	3.310		15.014	0.938	11.363
Glycine	g	1.202		5.452	0.341	4.126
Proline	g	0.973		4.414	0.276	3.340
Serine	g	0.842		3.819	0.239	2.891

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%, separable fat : 15%
				3 oz = 85 g	1 lb raw AP yields 254 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	62.29		52.94	158.20	211.02
Food energy	{ kcal	194		165	493	657
	{ kJ	811		690	2,061	2,749
Protein (N X6.25)	g	28.46		24.19	72.28	96.41
Total lipid (fat)	g	8.03		6.82	20.39	27.20
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.23		1.05	3.13	4.18
MINERALS:						
Calcium	mg	5		5	14	18
Iron	mg	2.68		2.28	6.81	9.09
Magnesium	mg	28		24	71	95
Phosphorus	mg	237		201	602	803
Potassium	mg	415		352	1,053	1,405
Sodium	mg	64		54	162	216
Zinc	mg	4.67		3.97	11.86	15.82
Copper	mg	0.107		0.091	0.272	0.363
Manganese	mg	0.016		0.014	0.041	0.054
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.101		0.086	0.257	0.342
Riboflavin	mg	0.229		0.195	0.582	0.776
Niacin	mg	4.171		3.545	10.594	14.131
Pantothenic acid.	mg	0.406		0.345	1.031	1.376
Vitamin B ₆	mg	0.50		0.43	1.28	1.70
Folicin	mcg	10		9	26	34
Vitamin B ₁₂	mcg	2.98		2.53	7.56	10.09
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total.	g	2.90		2.47	7.37	9.83
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.01	0.01
12:0	g	0.00		0.00	0.01	0.01
14:0	g	0.20		0.17	0.51	0.67
16:0	g	1.70		1.45	4.33	5.77
18:0	g	0.86		0.73	2.17	2.90
Monounsaturated, total	g	3.44		2.92	8.74	11.65
16:1	g	0.00		0.00	0.00	0.00
18:1	g	3.01		2.56	7.64	10.19
20:1	g	0.00		0.00	0.00	0.00
22:1	g					
Polyunsaturated, total	g	0.34		0.29	0.87	1.16
18:2	g	0.25		0.21	0.64	0.85
18:3	g	0.02		0.02	0.06	0.08
18:4	g					
20:4	g	0.05		0.04	0.13	0.17
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	82		70	208	277
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.319		0.271	0.810	1.081
Threonine	g	1.243		1.057	3.157	4.211
Isoleucine	g	1.279		1.087	3.249	4.333
Leucine	g	2.249		1.912	5.712	7.620
Lysine	g	2.368		2.013	6.015	8.023
Methionine	g	0.728		0.619	1.849	2.466
Cystine	g	0.319		0.271	0.810	1.081
Phenylalanine	g	1.111		0.944	2.822	3.764
Tyrosine	g	0.956		0.813	2.428	3.239
Valine	g	1.384		1.176	3.515	4.689
Arginine	g	1.798		1.528	4.567	6.092
Histidine	g	0.974		0.828	2.474	3.300
Alanine	g	1.716		1.459	4.359	5.814
Aspartic acid	g	2.600		2.210	6.604	8.809
Glutamic acid.	g	4.275		3.634	10.859	14.484
Glycine	g	1.553		1.320	3.945	5.262
Proline	g	1.257		1.068	3.193	4.259
Serine	g	1.088		0.925	2.764	3.686

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 7%, separable fat 17%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	72.59		329.25	20.58	251.22
Food energy	{ kcal . . .	133		602	38	459
	{ kJ . . .	555		2,519	157	1,922
Protein (N X6.25)	g . . .	22.02		99.90	6.24	76.23
Total lipid (fat)	g . . .	4.29		19.45	1.22	14.84
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.06		4.82	0.30	3.68
MINERALS:						
Calcium	mg . . .	4		18	1	14
Iron	mg . . .	2.15		9.74	0.61	7.43
Magnesium	mg . . .	24		111	7	84
Phosphorus	mg . . .	214		973	61	742
Potassium	mg . . .	375		1,701	106	1,298
Sodium	mg . . .	56		256	16	195
Zinc	mg . . .	3.51		15.93	1.00	12.16
Copper	mg . . .	0.080		0.363	0.023	0.277
Manganese	mg . . .	0.014		0.064	0.004	0.048
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.108		0.490	0.031	0.374
Riboflavin	mg . . .	0.187		0.848	0.053	0.647
Niacin	mg . . .	4.015		18.212	1.138	13.896
Pantothenic acid	mg . . .	0.387		1.755	0.110	1.339
Vitamin B ₆	mg . . .	0.51		2.32	0.14	1.77
Folacin	mcg . . .	9		40	2	30
Vitamin B ₁₂	mcg . . .	2.98		13.53	0.85	10.32
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	1.54		6.99	0.44	5.33
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.00	0.00	0.00
14:0	g . . .	0.10		0.45	0.03	0.34
16:0	g . . .	0.93		4.23	0.26	3.23
18:0	g . . .	0.43		1.96	0.12	1.50
Monounsaturated, total	g . . .	1.89		8.59	0.54	6.56
16:1	g . . .	0.18		0.82	0.05	0.62
18:1	g . . .	1.63		7.41	0.46	5.65
20:1	g . . .	0.00		0.01	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.19		0.84	0.05	0.64
18:2	g . . .	0.14		0.64	0.04	0.49
18:3	g . . .	0.01		0.04	0.00	0.03
18:4	g . . .					
20:4	g . . .	0.03		0.13	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	58		263	16	201
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.247		1.120	0.070	0.855
Threonine	g . . .	0.962		4.364	0.273	3.329
Isoleucine	g . . .	0.990		4.491	0.281	3.426
Leucine	g . . .	1.741		7.897	0.494	6.026
Lysine	g . . .	1.832		8.310	0.519	6.341
Methionine	g . . .	0.564		2.558	0.160	1.952
Cystine	g . . .	0.247		1.120	0.070	0.855
Phenylalanine	g . . .	0.860		3.901	0.244	2.976
Tyrosine	g . . .	0.740		3.357	0.210	2.561
Valine	g . . .	1.071		4.858	0.304	3.707
Arginine	g . . .	1.392		6.314	0.395	4.818
Histidine	g . . .	0.754		3.420	0.214	2.610
Alanine	g . . .	1.329		6.028	0.377	4.600
Aspartic acid	g . . .	2.012		9.126	0.570	6.964
Glutamic acid	g . . .	3.309		15.010	0.938	11.452
Glycine	g . . .	1.202		5.452	0.341	4.160
Proline	g . . .	0.973		4.414	0.276	3.368
Serine	g . . .	0.842		3.819	0.239	2.914

BEEF, ROUND, FULL CUT, SEPARABLE LEAN ONLY, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 11%, separable fat 14%
				3 oz = 85 g	1 lb raw AP yields 255 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	63.36			53.86	161.58	215.56
Food energy { kcal . . .	184			157	470	627
Protein (N X6 . 25) g . . .	28.45			655	1,966	2,623
Total lipid (fat) g . . .	6.97			24.18	72.54	96.77
Carbohydrate, total g . . .	0.00			5.92	17.76	23.70
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.23			0.00	0.00	0.00
				1.05	3.14	4.19
MINERALS:						
Calcium mg . . .	5			5	14	18
Iron mg . . .	2.69			2.28	6.85	9.14
Magnesium mg . . .	28			24	71	95
Phosphorus mg . . .	237			201	604	806
Potassium mg . . .	415			352	1,057	1,410
Sodium mg . . .	64			54	163	217
Zinc mg . . .	4.68			3.98	11.93	15.91
Copper mg . . .	0.107			0.091	0.273	0.364
Manganese mg . . .	0.016			0.014	0.041	0.054
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.101			0.086	0.258	0.344
Riboflavin mg . . .	0.229			0.195	0.584	0.779
Niacin mg . . .	4.170			3.545	10.634	14.186
Pantothenic acid mg . . .	0.407			0.346	1.038	1.385
Vitamin B ₆ mg . . .	0.50			0.43	1.29	1.71
Folic acid mcg . . .	10			9	26	35
Vitamin B ₁₂ mcg . . .	2.98			2.53	7.59	10.13
Vitamin A { RE . . .	--			--	--	--
	IU . . .			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	2.50			2.13	6.38	8.51
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.00			0.00	0.01	0.01
12:0 g . . .	0.00			0.00	0.01	0.01
14:0 g . . .	0.17			0.15	0.44	0.59
16:0 g . . .	1.47			1.25	3.75	5.00
18:0 g . . .	0.74			0.63	1.88	2.50
Monounsaturated, total g . . .	2.97			2.53	7.58	10.11
16:1 g . . .	0.26			0.22	0.66	0.88
18:1 g . . .	2.60			2.21	6.63	8.84
20:1 g . . .	0.00			0.00	0.00	0.00
22:1 g . . .						
Polyunsaturated, total g . . .	0.29			0.25	0.75	1.00
18:2 g . . .	0.22			0.18	0.55	0.73
18:3 g . . .	0.02			0.02	0.05	0.07
18:4 g . . .						
20:4 g . . .	0.04			0.04	0.11	0.15
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	82			70	209	278
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.319			0.271	0.813	1.085
Threonine g . . .	1.243			1.057	3.170	4.229
Isoleucine g . . .	1.279			1.087	3.261	4.351
Leucine g . . .	2.249			1.912	5.735	7.651
Lysine g . . .	2.367			2.012	6.036	8.053
Methionine g . . .	0.728			0.619	1.856	2.477
Cystine g . . .	0.319			0.271	0.813	1.085
Phenylalanine g . . .	1.111			0.944	2.833	3.780
Tyrosine g . . .	0.956			0.813	2.438	3.252
Valine g . . .	1.384			1.176	3.529	4.708
Arginine g . . .	1.798			1.528	4.585	6.117
Histidine g . . .	0.974			0.828	2.484	3.314
Alanine g . . .	1.716			1.459	4.376	5.838
Aspartic acid g . . .	2.599			2.209	6.627	8.842
Glutamic acid g . . .	4.274			3.633	10.899	14.540
Glycine g . . .	1.552			1.319	3.958	5.280
Proline g . . .	1.256			1.068	3.203	4.273
Serine g . . .	1.088			0.925	2.774	3.701

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	63.94		290.03	18.13	286.25
Food energy	{ kcal . . .	225		1,021	64	1,008
	{ kJ . . .	942		4,273	267	4,218
Protein (N X6, 25)	g . . .	19.89		90.21	5.64	89.04
Total lipid (fat)	g . . .	15.55		70.52	4.41	69.60
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.92		4.17	0.26	4.12
MINERALS:						
Calcium	mg . . .	5		23	1	23
Iron	mg . . .	2.14		9.73	0.61	9.60
Magnesium	mg . . .	22		98	6	96
Phosphorus	mg . . .	193		873	55	862
Potassium	mg . . .	327		1,484	93	1,464
Sodium	mg . . .	55		249	16	245
Zinc	mg . . .	3.15		14.27	0.89	14.09
Copper	mg . . .	0.076		0.345	0.022	0.340
Manganese	mg . . .	0.013		0.059	0.004	0.058
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.106		0.481	0.030	0.475
Riboflavin	mg . . .	0.177		0.803	0.050	0.792
Niacin	mg . . .	3.734		16.937	1.059	16.717
Pantothenic acid	mg . . .	0.398		1.805	0.113	1.782
Vitamin B ₆	mg . . .	0.51		2.33	0.15	2.30
Folacin	mcg . . .	9		39	2	39
Vitamin B ₁₂	mcg . . .	2.71		12.30	0.77	12.14
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.45		29.28	1.83	28.89
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.05		0.21	0.01	0.21
12:0	g . . .	0.03		0.15	0.01	0.15
14:0	g . . .	0.47		2.15	0.13	2.12
16:0	g . . .	3.75		17.01	1.06	16.78
18:0	g . . .	1.77		8.02	0.50	7.91
Monounsaturated, total	g . . .	7.19		32.63	2.04	32.20
16:1	g . . .	0.84		3.79	0.24	3.74
18:1	g . . .	6.01		27.26	1.70	26.90
20:1	g . . .	0.02		0.09	0.01	0.09
22:1	g . . .					
Polyunsaturated, total	g . . .	0.58		2.64	0.16	2.60
18:2	g . . .	0.38		1.71	0.11	1.68
18:3	g . . .	0.17		0.75	0.05	0.74
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	65		293	18	290
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.223		1.012	0.063	0.998
Threonine	g . . .	0.869		3.942	0.246	3.891
Isoleucine	g . . .	0.894		4.055	0.253	4.002
Leucine	g . . .	1.572		7.131	0.446	7.038
Lysine	g . . .	1.655		7.507	0.469	7.409
Methionine	g . . .	0.509		2.309	0.144	2.279
Cystine	g . . .	0.223		1.012	0.063	0.998
Phenylalanine	g . . .	0.776		3.520	0.220	3.474
Tyrosine	g . . .	0.668		3.030	0.189	2.991
Valine	g . . .	0.967		4.386	0.274	4.329
Arginine	g . . .	1.257		5.702	0.356	5.628
Histidine	g . . .	0.681		3.089	0.193	3.049
Alanine	g . . .	1.200		5.443	0.340	5.372
Aspartic acid	g . . .	1.817		8.242	0.515	8.135
Glutamic acid	g . . .	2.988		13.554	0.847	13.377
Glycine	g . . .	1.085		4.922	0.308	4.858
Proline	g . . .	0.878		3.983	0.249	3.931
Serine	g . . .	0.760		3.447	0.215	3.403

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, All grades, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%
				3 oz = 85 g	1 lb raw AP yields 278 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	53.87		45.79	149.76	237.51
Food energy	{ kcal . . . kJ . . .	261 1,092		222 928	725 3,035	1,151 4,814
Protein (N X6.25)	g . . .	29.81		25.34	82.87	131.43
Total lipid (fat)	g . . .	14.82		12.60	41.19	65.33
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.09		0.92	3.02	4.78
MINERALS:						
Calcium	mg . . .	6		5	16	25
Iron	mg . . .	3.25		2.76	9.04	14.34
Magnesium	mg . . .	23		20	65	104
Phosphorus	mg . . .	255		217	710	1,126
Potassium	mg . . .	292		248	812	1,288
Sodium	mg . . .	51		43	140	223
Zinc	mg . . .	5.13		4.36	14.27	22.63
Copper	mg . . .	0.130		0.111	0.361	0.573
Manganese	mg . . .	0.017		0.014	0.047	0.075
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.071		0.060	0.197	0.313
Riboflavin	mg . . .	0.245		0.208	0.681	1.080
Niacin	mg . . .	3.868		3.288	10.753	17.054
Pantothenic acid	mg . . .	0.398		0.338	1.106	1.755
Vitamin B ₆	mg . . .	0.34		0.29	0.96	1.52
Folacin	mcg . . .	11		9	30	47
Vitamin B ₁₂	mcg . . .	2.40		2.04	6.66	10.56
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.66		4.81	15.74	24.97
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.03		0.02	0.07	0.11
12:0	g . . .	0.02		0.02	0.07	0.11
14:0	g . . .	0.43		0.37	1.20	1.90
16:0	g . . .	3.40		2.89	9.45	14.98
18:0	g . . .	1.54		1.31	4.27	6.78
Monounsaturated, total	g . . .	6.74		5.73	18.74	29.73
16:1	g . . .	0.66		0.56	1.83	2.90
18:1	g . . .	5.78		4.91	16.07	25.49
20:1	g . . .	0.02		0.01	0.04	0.07
22:1	g . . .					
Polyunsaturated, total	g . . .	0.59		0.50	1.63	2.58
18:2	g . . .	0.40		0.34	1.10	1.75
18:3	g . . .	0.11		0.09	0.31	0.49
18:4	g . . .					
20:4	g . . .	0.06		0.05	0.16	0.25
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	96		81	266	422
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.334		0.284	0.929	1.473
Threonine	g . . .	1.302		1.107	3.620	5.741
Isoleucine	g . . .	1.340		1.139	3.725	5.908
Leucine	g . . .	2.356		2.003	6.550	10.388
Lysine	g . . .	2.480		2.108	6.894	10.934
Methionine	g . . .	0.763		0.649	2.121	3.364
Cystine	g . . .	0.334		0.284	0.929	1.473
Phenylalanine	g . . .	1.164		0.989	3.236	5.132
Tyrosine	g . . .	1.001		0.851	2.783	4.413
Valine	g . . .	1.450		1.233	4.031	6.393
Arginine	g . . .	1.884		1.601	5.238	8.307
Histidine	g . . .	1.021		0.868	2.838	4.502
Alanine	g . . .	1.798		1.528	4.998	7.927
Aspartic acid	g . . .	2.723		2.315	7.570	12.006
Glutamic acid	g . . .	4.478		3.806	12.449	19.744
Glycine	g . . .	1.626		1.382	4.520	7.169
Proline	g . . .	1.316		1.119	3.658	5.802
Serine	g . . .	1.140		0.969	3.169	5.026

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 1%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	63.74		289.14	18.07	285.95
Food energy	{ kcal . .	227		1,030	64	1,019
	{ kJ . . .	950		4,310	269	4,262
Protein (N X 6.25)	g . . .	19.86		90.09	5.63	89.10
Total lipid (fat)	g . . .	15.77		71.55	4.47	70.76
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.92		4.16	0.26	4.12
MINERALS:						
Calcium	mg . . .	5		23	1	23
Iron	mg . . .	2.14		9.71	0.61	9.60
Magnesium	mg . . .	21		97	6	96
Phosphorus	mg . . .	192		872	54	862
Potassium	mg . . .	326		1,481	93	1,464
Sodium	mg . . .	55		248	16	246
Zinc	mg . . .	3.14		14.25	0.89	14.10
Copper	mg . . .	0.076		0.345	0.022	0.341
Manganese	mg . . .	0.013		0.059	0.004	0.058
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.105		0.476	0.030	0.471
Riboflavin	mg . . .	0.177		0.803	0.050	0.794
Niacin	mg . . .	3.729		16.915	1.057	16.728
Pantothenic acid	mg . . .	0.398		1.805	0.113	1.785
Vitamin B ₆	mg . . .	0.51		2.33	0.15	2.30
Folic acid	mcg . . .	9		39	2	39
Vitamin B ₁₂	mcg . . .	2.71		12.29	0.77	12.15
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.55		29.69	1.86	29.36
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.05		0.21	0.01	0.21
12:0	g . . .	0.03		0.15	0.01	0.15
14:0	g . . .	0.48		2.17	0.14	2.15
16:0	g . . .	3.80		17.25	1.08	17.06
18:0	g . . .	1.79		8.13	0.51	8.04
Monounsaturated, total	g . . .	7.30		33.10	2.07	32.73
16:1	g . . .	0.85		3.84	0.24	3.80
18:1	g . . .	6.10		27.66	1.73	27.35
20:1	g . . .	0.02		0.09	0.01	0.09
22:1	g . . .					
Polyunsaturated, total	g . . .	0.59		2.68	0.17	2.65
18:2	g . . .	0.38		1.73	0.11	1.71
18:3	g . . .	0.17		0.77	0.05	0.76
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	65		294	18	290
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.222		1.007	0.063	0.996
Threonine	g . . .	0.867		3.933	0.246	3.889
Isoleucine	g . . .	0.893		4.051	0.253	4.006
Leucine	g . . .	1.569		7.117	0.445	7.039
Lysine	g . . .	1.652		7.493	0.468	7.411
Methionine	g . . .	0.508		2.304	0.144	2.279
Cystine	g . . .	0.222		1.007	0.063	0.996
Phenylalanine	g . . .	0.775		3.515	0.220	3.477
Tyrosine	g . . .	0.667		3.026	0.189	2.992
Valine	g . . .	0.966		4.382	0.274	4.333
Arginine	g . . .	1.255		5.693	0.356	5.630
Histidine	g . . .	0.680		3.084	0.193	3.050
Alanine	g . . .	1.198		5.434	0.340	5.374
Aspartic acid	g . . .	1.814		8.228	0.514	8.138
Glutamic acid	g . . .	2.983		13.531	0.846	13.382
Glycine	g . . .	1.083		4.912	0.307	4.858
Proline	g . . .	0.877		3.978	0.249	3.934
Serine	g . . .	0.759		3.443	0.215	3.405

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Choice, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%
				3 oz = 85 g	1 lb raw AP yields 278 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	53.57			45.54	148.94	236.48
Food energy kcal . . .	264			224	734	1,165
Food energy kJ . . .	1,104			938	3,069	4,873
Protein (N X 6.25) g . . .	29.79			25.32	82.81	131.49
Total lipid (fat) g . . .	15.15			12.88	42.12	66.88
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.08			0.92	3.01	4.78
MINERALS:						
Calcium mg . . .	6			5	16	25
Iron mg . . .	3.25			2.76	9.04	14.35
Magnesium mg . . .	23			20	65	104
Phosphorus mg . . .	255			217	709	1,126
Potassium mg . . .	292			248	812	1,289
Sodium mg . . .	50			43	140	223
Zinc mg . . .	5.13			4.36	14.26	22.64
Copper mg . . .	0.130			0.111	0.361	0.574
Manganese mg . . .	0.017			0.014	0.047	0.075
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.071			0.060	0.197	0.313
Riboflavin mg . . .	0.245			0.208	0.681	1.081
Niacin mg . . .	3.865			3.285	10.745	17.060
Pantothenic acid mg . . .	0.397			0.337	1.104	1.752
Vitamin B ₆ mg . . .	0.34			0.29	0.95	1.51
Folacin mcg . . .	11			9	30	47
Vitamin B ₁₂ mcg . . .	2.40			2.04	6.66	10.57
Vitamin A { RE . . .	--			--	--	--
Vitamin A { IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	5.79			4.92	16.09	25.54
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.03			0.02	0.07	0.11
12:0 g . . .	0.02			0.02	0.07	0.11
14:0 g . . .	0.44			0.37	1.22	1.94
16:0 g . . .	3.47			2.95	9.65	15.33
18:0 g . . .	1.57			1.34	4.37	6.93
Monounsaturated, total g . . .	6.89			5.86	19.16	30.42
16:1 g . . .	0.67			0.57	1.87	2.97
18:1 g . . .	5.91			5.02	16.43	26.09
20:1 g . . .	0.02			0.01	0.04	0.07
22:1 g . . .						
Polyunsaturated, total g . . .	0.60			0.51	1.67	2.65
18:2 g . . .	0.41			0.35	1.13	1.79
18:3 g . . .	0.11			0.10	0.31	0.50
18:4 g . . .						
20:4 g . . .	0.06			0.05	0.16	0.26
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	96			81	266	422
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.334			0.284	0.929	1.474
Threonine g . . .	1.301			1.106	3.617	5.743
Isoleucine g . . .	1.339			1.138	3.722	5.910
Leucine g . . .	2.354			2.001	6.544	10.391
Lysine g . . .	2.478			2.106	6.889	10.938
Methionine g . . .	0.762			0.648	2.118	3.363
Cystine g . . .	0.334			0.284	0.929	1.474
Phenylalanine g . . .	1.163			0.989	3.233	5.133
Tyrosine g . . .	1.001			0.851	2.783	4.418
Valine g . . .	1.449			1.232	4.028	6.396
Arginine g . . .	1.882			1.600	5.232	8.307
Histidine g . . .	1.020			0.867	2.836	4.502
Alanine g . . .	1.796			1.527	4.993	7.928
Aspartic acid g . . .	2.721			2.313	7.564	12.010
Glutamic acid g . . .	4.474			3.803	12.438	19.748
Glycine g . . .	1.625			1.381	4.518	7.173
Proline g . . .	1.315			1.118	3.656	5.804
Serine g . . .	1.139			0.968	3.166	5.028

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	64.79		293.88	18.37	287.72
Food energy	{ kcal . . . kJ . . .	217 907		983 4,113	61 257	962 4,026
Protein (N X6, 25)	g	20.04		90.89	5.68	88.99
Total lipid (fat)	g	14.54		65.94	4.12	64.56
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.93		4.21	0.26	4.12
MINERALS:						
Calcium	mg	5		23	1	22
Iron	mg	2.16		9.81	0.61	9.60
Magnesium	mg	22		99	6	97
Phosphorus	mg	194		881	55	862
Potassium	mg	330		1,499	94	1,467
Sodium	mg	55		250	16	245
Zinc	mg	3.18		14.40	0.90	14.10
Copper	mg	0.077		0.349	0.022	0.342
Manganese	mg	0.013		0.059	0.004	0.058
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.106		0.481	0.030	0.471
Riboflavin	mg	0.179		0.812	0.051	0.795
Niacin	mg	3.764		17.074	1.067	16.716
Pantothenic acid	mg	0.402		1.823	0.114	1.785
Vitamin B ₆	mg	0.52		2.35	0.15	2.30
Folacin	mcg	9		40	2	39
Vitamin B ₁₂	mcg	2.73		12.37	0.77	12.12
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.03		27.36	1.71	26.78
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.20	0.01	0.19
12:0	g	0.03		0.14	0.01	0.13
14:0	g	0.44		2.00	0.12	1.95
16:0	g	3.50		15.89	0.99	15.56
18:0	g	1.65		7.48	0.47	7.32
Monounsaturated, total	g	6.73		30.52	1.91	29.88
16:1	g	0.78		3.54	0.22	3.47
18:1	g	5.62		25.50	1.59	24.97
20:1	g	0.02		0.09	0.01	0.08
22:1	g					
Polyunsaturated, total	g	0.55		2.48	0.15	2.42
18:2	g	0.35		1.60	0.10	1.57
18:3	g	0.16		0.70	0.04	0.69
18:4	g					
20:4	g	0.03		0.13	0.01	0.13
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	64		291	18	285
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.224		1.016	0.064	0.995
Threonine	g	0.875		3.969	0.248	3.886
Isoleucine	g	0.901		4.087	0.255	4.001
Leucine	g	1.584		7.185	0.449	7.035
Lysine	g	1.667		7.562	0.473	7.403
Methionine	g	0.513		2.327	0.145	2.278
Cystine	g	0.224		1.016	0.064	0.995
Phenylalanine	g	0.782		3.547	0.222	3.473
Tyrosine	g	0.673		3.053	0.191	2.989
Valine	g	0.975		4.423	0.276	4.330
Arginine	g	1.266		5.743	0.359	5.622
Histidine	g	0.686		3.112	0.194	3.047
Alanine	g	1.209		5.484	0.343	5.369
Aspartic acid	g	1.831		8.305	0.519	8.131
Glutamic acid	g	3.010		13.653	0.853	13.367
Glycine	g	1.093		4.958	0.310	4.854
Proline	g	0.885		4.014	0.251	3.930
Serine	g	0.766		3.475	0.217	3.402

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Good, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%
				3 oz = 85 g	1 lb raw AP yields 277 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	54.72		46.51	151.57	240.49
Food energy	{ kcal	253		215	700	1,110
	{ kJ	1,057		898	2,928	4,645
Protein (N X 6.25)	g	29.85		25.37	82.69	131.20
Total lipid (fat)	g	13.88		11.79	38.43	60.98
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.09		0.92	3.01	4.77
MINERALS:						
Calcium	mg	6		5	16	25
Iron	mg	3.26		2.77	9.02	14.31
Magnesium	mg	24		20	65	103
Phosphorus	mg	256		217	708	1,124
Potassium	mg	293		249	810	1,286
Sodium	mg	51		43	140	222
Zinc	mg	5.14		4.37	14.24	22.59
Copper	mg	0.130		0.111	0.360	0.571
Manganese	mg	0.017		0.014	0.047	0.075
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.071		0.060	0.197	0.312
Riboflavin	mg	0.245		0.208	0.679	1.077
Niacin	mg	3.873		3.292	10.728	17.022
Pantothenic acid	mg	0.398		0.338	1.102	1.749
Vitamin B ₆	mg	0.34		0.29	0.95	1.51
Folic acid	mcg	11		9	30	47
Vitamin B ₁₂	mcg	2.40		2.04	6.64	10.54
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	5.32		4.52	14.74	23.39
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.03		0.02	0.07	0.11
12:0	g	0.02		0.02	0.07	0.11
14:0	g	0.40		0.34	1.12	1.78
16:0	g	3.19		2.71	8.84	14.03
18:0	g	1.44		1.23	4.00	6.34
Monounsaturated, total	g	6.31		5.37	17.48	27.74
16:1	g	0.62		0.52	1.71	2.71
18:1	g	5.41		4.60	14.99	23.78
20:1	g	0.02		0.01	0.04	0.07
22:1	g					
Polyunsaturated, total	g	0.55		0.47	1.52	2.41
18:2	g	0.37		0.31	1.02	1.63
18:3	g	0.11		0.09	0.30	0.47
18:4	g					
20:4	g	0.05		0.04	0.14	0.22
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	96		81	265	421
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.334		0.284	0.925	1.468
Threonine	g	1.304		1.108	3.612	5.731
Isoleucine	g	1.342		1.141	3.717	5.898
Leucine	g	2.359		2.005	6.534	10.368
Lysine	g	2.483		2.111	6.878	10.913
Methionine	g	0.764		0.649	2.116	3.358
Cystine	g	0.334		0.284	0.925	1.468
Phenylalanine	g	1.165		0.990	3.227	5.120
Tyrosine	g	1.003		0.853	2.778	4.408
Valine	g	1.452		1.234	4.022	6.382
Arginine	g	1.886		1.603	5.224	8.289
Histidine	g	1.022		0.869	2.831	4.492
Alanine	g	1.800		1.530	4.986	7.911
Aspartic acid	g	2.727		2.318	7.554	11.985
Glutamic acid	g	4.484		3.811	12.421	19.707
Glycine	g	1.628		1.384	4.510	7.155
Proline	g	1.318		1.120	3.651	5.793
Serine	g	1.141		0.970	3.161	5.015

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	63.90		289.84	18.11	284.60
Food energy	$\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$. . .	225 940		1,019 4,264	64 267	1,001 4,187
Protein (N X6, 25)	g . . .	20.13		91.33	5.71	89.68
Total lipid (fat)	g . . .	15.38		69.75	4.36	68.49
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.93		4.23	0.26	4.16
MINERALS:						
Calcium	mg . . .	5		23	1	22
Iron	mg . . .	2.17		9.86	0.62	9.68
Magnesium	mg . . .	22		99	6	98
Phosphorus	mg . . .	195		885	55	869
Potassium	mg . . .	333		1,508	94	1,481
Sodium	mg . . .	55		251	16	246
Zinc	mg . . .	3.19		14.48	0.90	14.22
Copper	mg . . .	0.077		0.349	0.022	0.343
Manganese	mg . . .	0.013		0.059	0.004	0.058
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.107		0.485	0.030	0.477
Riboflavin	mg . . .	0.180		0.816	0.051	0.802
Niacin	mg . . .	3.783		17.160	1.072	16.849
Pantothenic acid	mg . . .	0.404		1.833	0.115	1.799
Vitamin B ₆	mg . . .	0.52		2.36	0.15	2.32
Folacin	mcg . . .	9		40	2	39
Vitamin B ₁₂	mcg . . .	2.74		12.42	0.78	12.20
Vitamin A	$\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$. . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.29		28.54	1.78	28.02
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.04		0.19	0.01	0.18
12:0	g . . .	0.03		0.13	0.01	0.13
14:0	g . . .	0.46		2.07	0.13	2.03
16:0	g . . .	3.68		16.68	1.04	16.38
18:0	g . . .	1.71		7.76	0.49	7.62
Monounsaturated, total	g . . .	7.14		32.36	2.02	31.78
16:1	g . . .	0.82		3.74	0.23	3.67
18:1	g . . .	5.96		27.05	1.69	26.56
20:1	g . . .	0.02		0.09	0.01	0.08
22:1	g . . .					
Polyunsaturated, total	g . . .	0.58		2.63	0.16	2.58
18:2	g . . .	0.38		1.74	0.11	1.71
18:3	g . . .	0.15		0.68	0.04	0.67
18:4	g . . .					
20:4	g . . .	0.04		0.16	0.01	0.16
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	64		290	18	285
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.225		1.021	0.064	1.002
Threonine	g . . .	0.879		3.987	0.249	3.915
Isoleucine	g . . .	0.905		4.105	0.257	4.031
Leucine	g . . .	1.591		7.217	0.451	7.086
Lysine	g . . .	1.675		7.598	0.475	7.460
Methionine	g . . .	0.515		2.336	0.146	2.294
Cystine	g . . .	0.225		1.021	0.064	1.002
Phenylalanine	g . . .	0.786		3.565	0.223	3.501
Tyrosine	g . . .	0.676		3.066	0.192	3

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Prime, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%	
				3 oz	1 lb raw AP		
				= 85 g	yields 287 g	EP	
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	50.34			42.78	144.46	224.90	
Food energy { kcal . . .	297			253	853	1,328	
Protein (N X6.25) g . . .	1,244			1,057	3,569	5,556	
Total lipid (fat) g . . .	29.24			24.86	83.93	130.66	
Carbohydrate, total g . . .	19.11			16.24	54.83	85.37	
Crude fiber g . . .	0.00			0.00	0.00	0.00	
Ash g . . .	0.00			0.00	0.00	0.00	
	1.07			0.91	3.06	4.76	
MINERALS:							
Calcium mg . . .	6			5	17	26	
Iron mg . . .	3.19			2.71	9.15	14.24	
Magnesium mg . . .	23			20	66	103	
Phosphorus mg . . .	250			213	718	1,117	
Potassium mg . . .	287			244	824	1,283	
Sodium mg . . .	50			43	144	224	
Zinc mg . . .	5.02			4.27	14.42	22.44	
Copper mg . . .	0.129			0.110	0.370	0.576	
Manganese mg . . .	0.017			0.014	0.049	0.076	
VITAMINS:							
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0	
Thiamin mg . . .	0.070			0.060	0.201	0.313	
Riboflavin mg . . .	0.240			0.204	0.689	1.072	
Niacin mg . . .	3.799			3.229	10.903	16.974	
Pantothenic acid mg . . .	0.390			0.332	1.119	1.743	
Vitamin B ₆ mg . . .	0.34			0.29	0.97	1.51	
Folacin mcg . . .	10			9	30	47	
Vitamin B ₁₂ mcg . . .	2.37			2.02	6.81	10.60	
Vitamin A { RE . . .	--			--	--	--	
	IU . . .			--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	7.32			6.22	21.00	32.70	
4:0 g . . .							
6:0 g . . .							
8:0 g . . .							
10:0 g . . .	0.03			0.03	0.09	0.15	
12:0 g . . .	0.03			0.03	0.09	0.15	
14:0 g . . .	0.56			0.47	1.60	2.48	
16:0 g . . .	4.39			3.73	12.60	19.61	
18:0 g . . .	1.98			1.69	5.69	8.86	
Monounsaturated, total g . . .	8.69			7.39	24.95	38.84	
16:1 g . . .	0.85			0.72	2.44	3.79	
18:1 g . . .	7.45			6.34	21.39	33.30	
20:1 g . . .	0.02			0.02	0.06	0.09	
22:1 g . . .							
Polyunsaturated, total g . . .	0.76			0.64	2.18	3.39	
18:2 g . . .	0.51			0.43	1.47	2.28	
18:3 g . . .	0.15			0.12	0.42	0.65	
18:4 g . . .							
20:4 g . . .	0.07			0.06	0.21	0.33	
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	96			81	275	427	
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	0.327			0.278	0.938	1.461	
Threonine g . . .	1.277			1.085	3.665	5.706	
Isoleucine g . . .	1.315			1.118	3.774	5.875	
Leucine g . . .	2.311			1.964	6.633	10.326	
Lysine g . . .	2.433			2.068	6.983	10.871	
Methionine g . . .	0.748			0.636	2.147	3.342	
Cystine g . . .	0.327			0.278	0.938	1.461	
Phenylalanine g . . .	1.141			0.970	3.275	5.098	
Tyrosine g . . .	0.982			0.835	2.818	4.388	
Valine g . . .	1.422			1.209	4.081	6.353	
Arginine g . . .	1.848			1.571	5.304	8.257	
Histidine g . . .	1.001			0.851	2.873	4.472	
Alanine g . . .	1.764			1.499	5.063	7.882	
Aspartic acid g . . .	2.671			2.270	7.666	11.934	
Glutamic acid g . . .	4.393			3.734	12.608	19.628	
Glycine g . . .	1.595			1.356	4.578	7.126	
Proline g . . .	1.291			1.097	3.705	5.768	
Serine g . . .	1.118			0.950	3.209	4.995	

¹Standard error of estimate.

¹Standard error of estimate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%, separable fat 15%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.25		323.17	20.20	272.73
Food energy	{ kcal . . .	150		680	43	574
	{ kJ . . .	628		2,847	178	2,402
Protein (N X6.25)	g . . .	21.87		99.20	6.20	83.72
Total lipid (fat)	g . . .	6.28		28.47	1.78	24.02
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.03		4.67	0.29	3.94
MINERALS:						
Calcium	mg . . .	4		19	1	16
Iron	mg . . .	2.38		10.80	0.68	9.12
Magnesium	mg . . .	25		112	7	94
Phosphorus	mg . . .	214		969	61	818
Potassium	mg . . .	371		1,684	105	1,421
Sodium	mg . . .	59		268	17	226
Zinc	mg . . .	3.51		15.93	1.00	13.44
Copper	mg . . .	0.083		0.376	0.024	0.318
Manganese	mg . . .	0.014		0.064	0.004	0.054
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.117		0.531	0.033	0.448
Riboflavin	mg . . .	0.196		0.889	0.056	0.750
Niacin	mg . . .	4.128		18.725	1.170	15.802
Pantothenic acid	mg . . .	0.443		2.009	0.126	1.696
Vitamin B ₆	mg . . .	0.57		2.60	0.16	2.19
Folacin	mcg . . .	10		44	3	37
Vitamin B ₁₂	mcg . . .	2.93		13.27	0.83	11.20
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.24		10.17	0.64	8.58
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.15		0.68	0.04	0.57
16:0	g . . .	1.41		6.37	0.40	5.38
18:0	g . . .	0.58		2.64	0.17	2.23
Monounsaturated, total	g . . .	2.98		13.51	0.84	11.40
16:1	g . . .	0.33		1.48	0.09	1.25
18:1	g . . .	2.50		11.36	0.71	9.59
20:1	g . . .	0.01		0.02	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.25		1.13	0.07	0.96
18:2	g . . .	0.19		0.87	0.05	0.73
18:3	g . . .	0.01		0.06	0.00	0.05
18:4	g . . .					
20:4	g . . .	0.04		0.16	0.01	0.14
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		267	17	225
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.245		1.111	0.069	0.938
Threonine	g . . .	0.955		4.332	0.271	3.656
Isoleucine	g . . .	0.983		4.459	0.279	3.763
Leucine	g . . .	1.729		7.843	0.490	6.619
Lysine	g . . .	1.819		8.251	0.516	6.963
Methionine	g . . .	0.560		2.540	0.159	2.144
Cystine	g . . .	0.245		1.111	0.069	0.938
Phenylalanine	g . . .	0.854		3.874	0.242	3.269
Tyrosine	g . . .	0.735		3.334	0.208	2.814
Valine	g . . .	1.064		4.826	0.302	4.073
Arginine	g . . .	1.382		6.269	0.392	5.290
Histidine	g . . .	0.749		3.397	0.212	2.867
Alanine	g . . .	1.319		5.983	0.374	5.049
Aspartic acid	g . . .	1.998		9.063	0.566	7.648
Glutamic acid	g . . .	3.286		14.905	0.932	12.579
Glycine	g . . .	1.193		5.411	0.338	4.567
Proline	g . . .	0.966		4.382	0.274	3.698
Serine	g . . .	0.836		3.792	0.237	3.200

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Choice, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%, separable fat 9%	
				3 oz = 85 g	1 lb raw AP yields 254 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	56.87		48.34	144.44	229.06	
Food energy	{ kcal kJ	225 940		191 799	571 2,388	905 3,787	
Protein (N X 6.25)	g	31.59		26.85	80.24	127.24	
Total lipid (fat)	g	9.96		8.47	25.30	40.12	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.14		0.97	2.91	4.61	
MINERALS:							
Calcium	mg	5		4	12	20	
Iron	mg	3.46		2.94	8.78	13.92	
Magnesium	mg	25		21	64	101	
Phosphorus	mg	272		231	691	1,096	
Potassium	mg	308		262	783	1,242	
Sodium	mg	51		44	131	207	
Zinc	mg	5.48		4.66	13.92	22.07	
Copper	mg	0.134		0.114	0.340	0.540	
Manganese	mg	0.018		0.015	0.046	0.073	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.075		0.064	0.191	0.302	
Riboflavin	mg	0.260		0.221	0.660	1.047	
Niacin	mg	4.083		3.471	10.371	16.446	
Pantothenic acid	mg	0.421		0.358	1.069	1.696	
Vitamin B ₆	mg	0.36		0.31	0.92	1.46	
Folacin	mcg	11		10	29	46	
Vitamin B ₁₂	mcg	2.47		2.10	6.27	9.95	
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g	3.54		3.01	8.98	14.24	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		0.00	0.01	0.01	
12:0	g	0.00		0.00	0.01	0.02	
14:0	g	0.26		0.22	0.66	1.05	
16:0	g	2.13		1.81	5.40	8.57	
18:0	g	0.98		0.83	2.49	3.94	
Monounsaturated, total	g	4.55		3.87	11.55	18.32	
16:1	g	0.44		0.37	1.12	1.78	
18:1	g	3.91		3.33	9.94	15.76	
20:1	g	0.00		0.00	0.00	0.00	
22:1	g						
Polyunsaturated, total	g	0.41		0.34	1.03	1.63	
18:2	g	0.29		0.25	0.74	1.18	
18:3	g	0.03		0.02	0.07	0.10	
18:4	g						
20:4	g	0.06		0.05	0.16	0.26	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96		81	243	386	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.354		0.301	0.899	1.426	
Threonine	g	1.380		1.173	3.505	5.559	
Isoleucine	g	1.420		1.207	3.607	5.720	
Leucine	g	2.497		2.122	6.342	10.058	
Lysine	g	2.628		2.234	6.675	10.586	
Methionine	g	0.809		0.688	2.055	3.259	
Cystine	g	0.354		0.301	0.899	1.426	
Phenylalanine	g	1.233		1.048	3.132	4.967	
Tyrosine	g	1.061		0.902	2.695	4.274	
Valine	g	1.536		1.306	3.901	6.187	
Arginine	g	1.996		1.697	5.070	8.040	
Histidine	g	1.082		0.920	2.748	4.358	
Alanine	g	1.905		1.619	4.839	7.673	
Aspartic acid	g	2.886		2.453	7.330	11.625	
Glutamic acid	g	4.746		4.034	12.055	19.117	
Glycine	g	1.723		1.465	4.376	6.940	
Proline	g	1.395		1.186	3.543	5.619	
Serine	g	1.208		1.027	3.068	4.866	

AH-8-13 (1985)
NDB No. 13171

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased		
	Mean	Standard error	Number of samples	Approximate measure and weight			Refuse: Connective		
				3 oz = 85 g	1 lb raw yields 254 g	AP	tissue 3%, separable fat 8%		
A	B	C	D	E	F		G		
PROXIMATE:									
Water	g . . .	57.99		49.29	147.30		233.59		
Food energy	{ kcal . .	214		182	543		862		
	{ kJ . . .	895		761	2,274		3,606		
Protein (N X 6.25)	g . . .	31.59		26.85	80.24		127.24		
Total lipid (fat)	g . . .	8.77		7.45	22.27		35.31		
Carbohydrate, total	g . . .	0.00		0.00	0.00		0.00		
Crude fiber	g . . .	0.00		0.00	0.00		0.00		
Ash	g . . .	1.14		0.97	2.91		4.61		
MINERALS:									
Calcium	mg . . .	5		4	12		20		
Iron	mg . . .	3.46		2.94	8.78		13.92		
Magnesium	mg . . .	25		21	64		101		
Phosphorus	mg . . .	272		231	691		1,096		
Potassium	mg . . .	308		262	783		1,242		
Sodium	mg . . .	51		44	131		207		
Zinc	mg . . .	5.48		4.66	13.92		22.07		
Copper	mg . . .	0.134		0.114	0.340		0.540		
Manganese	mg . . .	0.018		0.015	0.046		0.073		
VITAMINS:									
Ascorbic acid	mg . . .	0.0		0.0	0.0		0.0		
Thiamin	mg . . .	0.075		0.064	0.191		0.302		
Riboflavin	mg . . .	0.260		0.221	0.660		1.047		
Niacin	mg . . .	4.083		3.471	10.371		16.446		
Pantothenic acid	mg . . .	0.421		0.358	1.069		1.696		
Vitamin B ₆	mg . . .	0.36		0.31	0.92		1.46		
Folacin	mcg . . .	11		10	29		46		
Vitamin B ₁₂	mcg . . .	2.47		2.10	6.27		9.95		
Vitamin A	{ RE . . .	--		--	--		--		
	{ IU . . .	--		--	--		--		
LIPIDS:									
Fatty acids:									
Saturated, total	g . . .	3.11		2.65	7.91		12.54		
4:0	g . . .								
6:0	g . . .								
8:0	g . . .								
10:0	g . . .	0.00		0.00	0.01		0.01		
12:0	g . . .	0.00		0.00	0.01		0.02		
14:0	g . . .	0.23		0.19	0.58		0.92		
16:0	g . . .	1.87		1.59	4.76		7.54		
18:0	g . . .	0.86		0.73	2.19		3.47		
Monounsaturated, total	g . . .	4.01		3.40	10.17		16.13		
16:1	g . . .	0.39		0.33	0.99		1.57		
18:1	g . . .	3.45		2.93	8.75		13.88		
20:1	g . . .	0.00		0.00	0.00		0.00		
22:1	g . . .								
Polyunsaturated, total	g . . .	0.36		0.30	0.90		1.43		
18:2	g . . .	0.26		0.22	0.65		1.04		
18:3	g . . .	0.02		0.02	0.06		0.09		
18:4	g . . .								
20:4	g . . .	0.06		0.05	0.14		0.23		
20:5	g . . .								
22:5	g . . .								
22:6	g . . .								
Cholesterol	mg . . .	96		81	243		386		
Phytosterols	mg . . .								
AMINO ACIDS:									
Tryptophan	g . . .	0.354		0.301	0.899		1.426		
Threonine	g . . .	1.380		1.173	3.505		5.559		
Isoleucine	g . . .	1.420		1.207	3.607		5.720		
Leucine	g . . .	2.497		2.122	6.342		10.058		
Lysine	g . . .	2.628		2.234	6.675		10.586		
Methionine	g . . .	0.809		0.688	2.055		3.259		
Cystine	g . . .	0.354		0.301	0.899		1.426		
Phenylalanine	g . . .	1.233		1.048	3.132		4.967		
Tyrosine	g . . .	1.061		0.902	2.695		4.274		
Valine	g . . .	1.536		1.306	3.901		6.187		
Arginine	g . . .	1.996		1.697	5.070		8.040		
Histidine	g . . .	1.082		0.920	2.748		4.358		
Alanine	g . . .	1.905		1.619	4.839		7.673		
Aspartic acid	g . . .	2.886		2.453	7.330		11.625		
Glutamic acid	g . . .	4.746		4.034	12.055		19.117		
Glycine	g . . .	1.723		1.465	4.376		6.940		
Proline	g . . .	1.395		1.186	3.543		5.619		
Serine	g . . .	1.208		1.027	3.068		4.866		

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 2%, separable fat 13%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	70.25		318.67	19.92	273.07
Food energy	{ kcal . . . kJ . . .	159 666		722 3,022	45 189	619 2,590
Protein (N X 6.25)	g	21.87		99.20	6.20	85.01
Total lipid (fat)	g	7.30		33.13	2.07	28.39
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.03		4.67	0.29	4.00
MINERALS:						
Calcium	mg	4		19	1	17
Iron	mg	2.38		10.80	0.68	9.26
Magnesium	mg	25		112	7	96
Phosphorus	mg	214		969	61	830
Potassium	mg	371		1,684	105	1,443
Sodium	mg	59		268	17	230
Zinc	mg	3.51		15.93	1.00	13.65
Copper	mg	0.083		0.376	0.024	0.323
Manganese	mg	0.014		0.064	0.004	0.054
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.117		0.531	0.033	0.455
Riboflavin	mg	0.196		0.889	0.056	0.762
Niacin	mg	4.128		18.725	1.170	16.046
Pantothenic acid	mg	0.443		2.009	0.126	1.722
Vitamin B ₆	mg	0.57		2.60	0.16	2.23
Folacin	mcg	10		44	3	37
Vitamin B ₁₂	mcg	2.93		13.27	0.83	11.37
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.61		11.82	0.74	10.13
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.01	0.00	0.01
12:0	g	0.00		0.01	0.00	0.01
14:0	g	0.18		0.79	0.05	0.68
16:0	g	1.63		7.41	0.46	6.35
18:0	g	0.68		3.08	0.19	2.64
Monounsaturated, total	g	3.47		15.72	0.98	13.47
16:1	g	0.38		1.72	0.11	1.48
18:1	g	2.91		13.21	0.83	11.32
20:1	g	0.01		0.03	0.00	0.02
22:1	g					
Polyunsaturated, total	g	0.29		1.32	0.08	1.13
18:2	g	0.22		1.01	0.06	0.86
18:3	g	0.02		0.07	0.00	0.06
18:4	g					
20:4	g	0.04		0.19	0.01	0.16
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59		267	17	229
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.245		1.111	0.069	0.952
Threonine	g	0.955		4.332	0.271	3.712
Isoleucine	g	0.983		4.459	0.279	3.821
Leucine	g	1.729		7.843	0.490	6.721
Lysine	g	1.819		8.251	0.516	7.070
Methionine	g	0.560		2.540	0.159	2.177
Cystine	g	0.245		1.111	0.069	0.952
Phenylalanine	g	0.854		3.874	0.242	3.319
Tyrosine	g	0.735		3.334	0.208	2.857
Valine	g	1.064		4.826	0.302	4.136
Arginine	g	1.382		6.269	0.392	5.372
Histidine	g	0.749		3.397	0.212	2.911
Alanine	g	1.319		5.983	0.374	5.127
Aspartic acid	g	1.998		9.063	0.566	7.766
Glutamic acid	g	3.286		14.905	0.932	12.773
Glycine	g	1.193		5.411	0.338	4.637
Proline	g	0.966		4.382	0.274	3.755
Serine	g	0.836		3.792	0.237	3.250

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Prime, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%, separable fat 11%	
				3 oz = 85 g	1 lb raw AP yields 250 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	54.34		46.19	135.85	215.68	
Food energy	{ kcal . . . kJ . . .	249 1,042		212 885	622 2,604	988 4,134	
Protein (N X 6.25)	g . . .	31.59		26.85	78.98	125.38	
Total lipid (fat)	g . . .	12.65		10.75	31.62	50.20	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	1.14		0.97	2.86	4.54	
MINERALS:							
Calcium	mg . . .	5		4	12	19	
Iron	mg . . .	3.46		2.94	8.64	13.72	
Magnesium	mg . . .	25		21	63	99	
Phosphorus	mg . . .	272		231	680	1,080	
Potassium	mg . . .	308		262	771	1,224	
Sodium	mg . . .	51		44	128	204	
Zinc	mg . . .	5.48		4.66	13.70	21.75	
Copper	mg . . .	0.134		0.114	0.335	0.532	
Manganese	mg . . .	0.018		0.015	0.045	0.071	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.075		0.064	0.188	0.298	
Riboflavin	mg . . .	0.260		0.221	0.650	1.032	
Niacin	mg . . .	4.083		3.471	10.208	16.205	
Pantothenic acid	mg . . .	0.421		0.358	1.053	1.671	
Vitamin B ₆	mg . . .	0.36		0.31	0.91	1.44	
Folic acid	mcg . . .	11		10	28	45	
Vitamin B ₁₂	mcg . . .	2.47		2.10	6.17	9.80	
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	4.49		3.82	11.24	17.84	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.00		0.00	0.01	0.02	
12:0	g . . .	0.01		0.01	0.02	0.02	
14:0	g . . .	0.33		0.28	0.83	1.31	
16:0	g . . .	2.70		2.30	6.76	10.72	
18:0	g . . .	1.24		1.06	3.11	4.93	
Monounsaturated, total	g . . .	5.78		4.91	14.45	22.94	
16:1	g . . .	0.56		0.48	1.40	2.23	
18:1	g . . .	4.97		4.23	12.43	19.73	
20:1	g . . .	0.00		0.00	0.01	0.01	
22:1	g . . .						
Polyunsaturated, total	g . . .	0.52		0.44	1.29	2.04	
18:2	g . . .	0.37		0.32	0.93	1.47	
18:3	g . . .	0.03		0.03	0.08	0.13	
20:4	g . . .						
20:5	g . . .	0.08		0.07	0.21	0.33	
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	96		81	239	380	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.354		0.301	0.885	1.405	
Threonine	g . . .	1.380		1.173	3.450	5.477	
Isoleucine	g . . .	1.420		1.207	3.550	5.636	
Leucine	g . . .	2.497		2.122	6.243	9.911	
Lysine	g . . .	2.628		2.234	6.570	10.431	
Methionine	g . . .	0.809		0.688	2.023	3.211	
Cystine	g . . .	0.354		0.301	0.885	1.405	
Phenylalanine	g . . .	1.233		1.048	3.083	4.894	
Tyrosine	g . . .	1.061		0.902	2.653	4.211	
Valine	g . . .	1.536		1.306	3.840	6.096	
Arginine	g . . .	1.996		1.697	4.990	7.922	
Histidine	g . . .	1.082		0.920	2.705	4.294	
Alanine	g . . .	1.905		1.619	4.763	7.561	
Aspartic acid	g . . .	2.886		2.453	7.215	11.455	
Glutamic acid	g . . .	4.746		4.034	11.865	18.837	
Glycine	g . . .	1.723		1.465	4.308	6.839	
Proline	g . . .	1.395		1.186	3.488	5.537	
Serine	g . . .	1.208		1.027	3.020	4.795	

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of
	Mean	Standard error	Number of samples	Approximate measure and weight		1 pound of food as purchased Refuse:Connective tissue 3%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	66.36		301.00	18.81	293.17
Food energy	{ kcal . . . kJ . . .	199 834		904 3,781	56 236	880 3,683
Protein (N X6.25)	g . . .	20.06		90.97	5.69	88.60
Total lipid (fat)	g . . .	12.59		57.13	3.57	55.64
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.00		4.55	0.28	4.44
MINERALS:						
Calcium	mg . . .	5		22	1	21
Iron	mg . . .	1.37		6.21	0.39	6.04
Magnesium	mg . . .	21		95	6	92
Phosphorus	mg . . .	192		873	55	850
Potassium	mg . . .	344		1,559	97	1,518
Sodium	mg . . .	50		226	14	220
Zinc	mg . . .	2.68		12.16	0.76	11.84
Copper	mg . . .	0.057		0.259	0.016	0.252
Manganese	mg . . .	0.013		0.059	0.004	0.057
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.089		0.404	0.025	0.393
Riboflavin	mg . . .	0.127		0.576	0.036	0.561
Niacin	mg . . .	3.419		15.509	0.969	15.105
Pantothenic acid	mg . . .	0.336		1.524	0.095	1.484
Vitamin B ₆	mg . . .	0.42		1.88	0.12	1.83
Folacin	mcg . . .	6		28	2	27
Vitamin B ₁₂	mcg . . .	2.98		13.52	0.84	13.17
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.32		24.11	1.51	23.49
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.04		0.17	0.01	0.17
12:0	g . . .	0.03		0.12	0.01	0.12
14:0	g . . .	0.39		1.76	0.11	1.71
16:0	g . . .	3.04		13.79	0.86	13.44
18:0	g . . .	1.48		6.69	0.42	6.52
Monounsaturated, total	g . . .	5.66		25.67	1.60	25.00
16:1	g . . .	0.63		2.86	0.18	2.78
18:1	g . . .	4.77		21.63	1.35	21.07
20:1	g . . .	0.02		0.07	0.00	0.07
22:1	g . . .					
Polyunsaturated, total	g . . .	0.49		2.20	0.14	2.15
18:2	g . . .	0.31		1.41	0.09	1.37
18:3	g . . .	0.14		0.64	0.04	0.62
18:4	g . . .					
20:4	g . . .	0.02		0.11	0.01	0.11
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		272	17	265
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.225		1.021	0.064	0.994
Threonine	g . . .	0.876		3.974	0.248	3.870
Isoleucine	g . . .	0.902		4.091	0.256	3.985
Leucine	g . . .	1.585		7.190	0.449	7.003
Lysine	g . . .	1.669		7.571	0.473	7.374
Methionine	g . . .	0.513		2.327	0.145	2.266
Cystine	g . . .	0.225		1.021	0.064	0.994
Phenylalanine	g . . .	0.783		3.552	0.222	3.459
Tyrosine	g . . .	0.674		3.057	0.191	2.978
Valine	g . . .	0.976		4.427	0.277	4.312
Arginine	g . . .	1.268		5.752	0.359	5.602
Histidine	g . . .	0.687		3.116	0.195	3.035
Alanine	g . . .	1.210		5.489	0.343	5.346
Aspartic acid	g . . .	1.832		8.310	0.519	8.094
Glutamic acid	g . . .	3.013		13.667	0.854	13.311
Glycine	g . . .	1.094		4.962	0.310	4.833
Proline	g . . .	0.886		4.019	0.251	3.914
Serine	g . . .	0.767		3.479	0.217	3.389

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, All grades, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of:
	Mean	Standard error	Number of samples	Approximate measure and weight		1 pound of food as purchased Refuse: Connective tissue 1%
				3 oz = 85 g	1 lb raw AP yields 358 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.47		48.85	205.72	256.98
		243		206	869	1,085
Food energy	{ kcal . . .	1,015		863	3,635	4,541
	{ kJ . . .					
Protein (N X6.25)	g . . .	26.77		22.75	95.83	119.71
Total lipid (fat)	g . . .	14.23		12.10	50.95	63.65
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.12		0.95	4.00	5.00
MINERALS:						
Calcium	mg . . .	6		5	20	26
Iron	mg . . .	1.84		1.56	6.58	8.22
Magnesium	mg . . .	25		21	89	111
Phosphorus	mg . . .	208		177	743	929
Potassium	mg . . .	362		308	1,296	1,618
Sodium	mg . . .	59		50	212	265
Zinc	mg . . .	4.33		3.68	15.52	19.38
Copper	mg . . .	0.099		0.084	0.354	0.443
Manganese	mg . . .	0.015		0.013	0.054	0.067
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.079		0.067	0.283	0.353
Riboflavin	mg . . .	0.161		0.137	0.576	0.720
Niacin	mg . . .	3.485		2.962	12.476	15.585
Pantothenic acid	mg . . .	0.419		0.356	1.500	1.874
Vitamin B ₆	mg . . .	0.35		0.30	1.25	1.57
Folacin	mcg . . .	7		6	24	30
Vitamin B ₁₂	mcg . . .	2.10		1.79	7.52	9.40
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.79		4.92	20.71	25.87
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.03		0.03	0.12	0.15
12:0	g . . .	0.03		0.03	0.11	0.14
14:0	g . . .	0.43		0.36	1.53	1.91
16:0	g . . .	3.45		2.93	12.35	15.42
18:0	g . . .	1.58		1.34	5.66	7.07
Monounsaturated, total	g . . .	6.36		5.41	22.78	28.46
16:1	g . . .	0.59		0.50	2.10	2.63
18:1	g . . .	5.50		4.68	19.70	24.60
20:1	g . . .	0.02		0.02	0.08	0.09
22:1	g . . .					
Polyunsaturated, total	g . . .	0.52		0.44	1.87	2.33
18:2	g . . .	0.35		0.29	1.24	1.55
18:3	g . . .	0.14		0.12	0.49	0.62
18:4	g . . .					
20:4	g . . .	0.02		0.02	0.09	0.11
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	73		62	260	324
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.300		0.255	1.074	1.342
Threonine	g . . .	1.169		0.994	4.185	5.228
Isoleucine	g . . .	1.203		1.023	4.307	5.380
Leucine	g . . .	2.115		1.798	7.572	9.458
Lysine	g . . .	2.227		1.893	7.973	9.959
Methionine	g . . .	0.685		0.582	2.452	3.063
Cystine	g . . .	0.300		0.255	1.074	1.342
Phenylalanine	g . . .	1.045		0.888	3.741	4.673
Tyrosine	g . . .	0.899		0.764	3.218	4.020
Valine	g . . .	1.302		1.107	4.661	5.823
Arginine	g . . .	1.691		1.437	6.054	7.562
Histidine	g . . .	0.916		0.779	3.279	4.096
Alanine	g . . .	1.614		1.372	5.778	7.218
Aspartic acid	g . . .	2.445		2.078	8.753	10.934
Glutamic acid	g . . .	4.021		3.418	14.395	17.982
Glycine	g . . .	1.460		1.241	5.227	6.529
Proline	g . . .	1.182		1.005	4.232	5.286
Serine	g . . .	1.023		0.870	3.662	4.575

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Waterg . . .	66.08			299.75	18.73	292.28
Food energy $\left\{ \begin{array}{l} kcal \\ kJ \end{array} \right.$	202 847			918 3,842	57 240	895 3,746
Protein (N X6 , 25)g . . .	20.01			90.78	5.67	88.52
Total lipid (fat)g . . .	12.97			58.82	3.68	57.35
Carbohydrate, totalg . . .	0.00			0.00	0.00	0.00
Crude fiberg . . .	0.00			0.00	0.00	0.00
Ashg . . .	1.00			4.54	0.28	4.43
MINERALS:						
Calciummg . . .	5			22	1	21
Ironmg . . .	1.37			6.20	0.39	6.04
Magnesiummg . . .	21			94	6	92
Phosphorusmg . . .	192			871	54	849
Potassiummg . . .	343			1,554	97	1,516
Sodiummg . . .	50			226	14	220
Zincmg . . .	2.67			12.13	0.76	11.83
Coppermg . . .	0.057			0.259	0.016	0.252
Manganesemg . . .	0.013			0.059	0.004	0.057
VITAMINS:						
Ascorbic acidmg . . .	0.0			0.0	0.0	0.0
Thiaminmg . . .	0.089			0.404	0.025	0.394
Riboflavinmg . . .	0.127			0.576	0.036	0.562
Niacinmg . . .	3.413			15.481	0.968	15.096
Pantothenic acidmg . . .	0.335			1.520	0.095	1.482
Vitamin B ₆mg . . .	0.41			1.88	0.12	1.83
Folic acidmcg . . .	6			28	2	27
Vitamin B ₁₂mcg . . .	2.98			13.49	0.84	13.16
Vitamin A $\left\{ \begin{array}{l} RE \\ IU \end{array} \right.$	-- --			-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, totalg . . .	5.47			24.79	1.55	24.17
4:0g . . .						
6:0g . . .						
8:0g . . .						
10:0g . . .	0.04			0.18	0.01	0.17
12:0g . . .	0.03			0.12	0.01	0.12
14:0g . . .	0.40			1.81	0.11	1.76
16:0g . . .	3.13			14.19	0.89	13.84
18:0g . . .	1.52			6.88	0.43	6.71
Monounsaturated, totalg . . .	5.82			26.42	1.65	25.76
16:1g . . .	0.65			2.94	0.18	2.87
18:1g . . .	4.91			22.27	1.39	21.72
20:1g . . .	0.02			0.07	0.00	0.07
22:1g . . .						
Polyunsaturated, totalg . . .	0.50			2.28	0.14	2.22
18:2g . . .	0.32			1.46	0.09	1.42
18:3g . . .	0.14			0.65	0.04	0.64
18:4g . . .						
20:4g . . .	0.03			0.12	0.01	0.11
20:5g . . .						
22:5g . . .						
22:6g . . .						
Cholesterolmg . . .	60			273	17	266
Phytosterolsmg . . .						
AMINO ACIDS:						
Tryptophang . . .	0.224			1.016	0.064	0.991</

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Choice, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 2%
				3 oz = 85 g	1 lb raw AP yields 357 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.53		48.90	205.37	257.03
Food energy	{ kcal . . . kJ . . .	244 1,021		207 868	871 3,645	1,090 4,562
Protein (N X6.25)	g . . .	26.77		22.75	95.56	119.60
Total lipid (fat)	g . . .	14.39		12.23	51.35	64.27
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.12		0.95	3.99	5.00
MINERALS:						
Calcium	mg . . .	6		5	20	25
Iron	mg . . .	1.84		1.56	6.56	8.21
Magnesium	mg . . .	25		21	89	111
Phosphorus	mg . . .	208		177	741	928
Potassium	mg . . .	362		308	1,292	1,617
Sodium	mg . . .	59		50	211	265
Zinc	mg . . .	4.33		3.68	15.47	19.36
Copper	mg . . .	0.099		0.084	0.353	0.442
Manganese	mg . . .	0.015		0.013	0.054	0.067
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.079		0.067	0.282	0.353
Riboflavin	mg . . .	0.161		0.137	0.575	0.719
Niacin	mg . . .	3.485		2.962	12.441	15.571
Pantothenic acid	mg . . .	0.419		0.356	1.496	1.872
Vitamin B ₆	mg . . .	0.35		0.30	1.25	1.56
Folic acid	mcg . . .	7		6	24	30
Vitamin B ₁₂	mcg . . .	2.10		1.79	7.50	9.39
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.85		4.97	20.87	26.12
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.03		0.03	0.12	0.15
12:0	g . . .	0.03		0.03	0.11	0.14
14:0	g . . .	0.43		0.37	1.54	1.92
16:0	g . . .	3.48		2.96	12.44	15.57
18:0	g . . .	1.60		1.36	5.70	7.14
Monounsaturated, total	g . . .	6.43		5.47	22.97	28.74
16:1	g . . .	0.59		0.50	2.11	2.65
18:1	g . . .	5.56		4.73	19.86	24.85
20:1	g . . .	0.02		0.02	0.07	0.09
22:1	g . . .					
Polyunsaturated, total	g . . .	0.53		0.45	1.88	2.36
18:2	g . . .	0.35		0.30	1.25	1.57
18:3	g . . .	0.14		0.12	0.50	0.62
18:4	g . . .					
20:4	g . . .	0.02		0.02	0.09	0.11
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	73		62	259	324
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.300		0.255	1.071	1.340
Threonine	g . . .	1.169		0.994	4.173	5.223
Isoleucine	g . . .	1.203		1.023	4.295	5.375
Leucine	g . . .	2.115		1.798	7.551	9.450
Lysine	g . . .	2.227		1.893	7.950	9.950
Methionine	g . . .	0.685		0.582	2.445	3.061
Cystine	g . . .	0.300		0.255	1.071	1.340
Phenylalanine	g . . .	1.045		0.888	3.731	4.669
Tyrosine	g . . .	0.899		0.764	3.209	4.017
Valine	g . . .	1.302		1.107	4.648	5.817
Arginine	g . . .	1.691		1.437	6.037	7.555
Histidine	g . . .	0.916		0.779	3.270	4.093
Alanine	g . . .	1.614		1.372	5.762	7.211
Aspartic acid	g . . .	2.445		2.078	8.729	10.924
Glutamic acid	g . . .	4.021		3.418	14.355	17.966
Glycine	g . . .	1.460		1.241	5.212	6.523
Proline	g . . .	1.182		1.005	4.220	5.281
Serine	g . . .	1.023		0.870	3.652	4.571

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	67.30		305.26	19.08	296.72
Food energy	{ kcal kJ	188 789		855 3,577	53 224	831 3,477
Protein (N X6.25)	g	20.20		91.65	5.73	89.08
Total lipid (fat)	g	11.33		51.40	3.21	49.96
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.01		4.59	0.29	4.47
MINERALS:						
Calcium	mg	5		22	1	21
Iron	mg	1.38		6.24	0.39	6.07
Magnesium	mg	21		96	6	93
Phosphorus	mg	194		880	55	855
Potassium	mg	347		1,574	98	1,530
Sodium	mg	50		227	14	221
Zinc	mg	2.70		12.25	0.77	11.91
Copper	mg	0.058		0.263	0.016	0.256
Manganese	mg	0.013		0.059	0.004	0.057
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.089		0.404	0.025	0.392
Riboflavin	mg	0.128		0.581	0.036	0.564
Niacin	mg	3.445		15.627	0.977	15.189
Pantothenic acid	mg	0.339		1.538	0.096	1.495
Vitamin B ₆	mg	0.42		1.90	0.12	1.84
Folic acid	mcg	6		28	2	27
Vitamin B ₁₂	mcg	3.00		13.60	0.85	13.22
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	4.80		21.76	1.36	21.15
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.16	0.01	0.15
12:0	g	0.02		0.11	0.01	0.11
14:0	g	0.35		1.58	0.10	1.54
16:0	g	2.74		12.42	0.78	12.08
18:0	g	1.33		6.03	0.38	5.86
Monounsaturated, total	g	5.10		23.12	1.44	22.47
16:1	g	0.57		2.58	0.16	2.51
18:1	g	4.29		19.47	1.22	18.92
20:1	g	0.02		0.07	0.00	0.07
22:1	g					
Polyunsaturated, total	g	0.44		1.97	0.12	1.92
18:2	g	0.28		1.26	0.08	1.23
18:3	g	0.13		0.58	0.04	0.56
18:4	g					
20:4	g	0.02		0.10	0.01	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	59		270	17	262
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.226		1.025	0.064	0.996
Threonine	g	0.882		4.001	0.250	3.889
Isoleucine	g	0.908		4.119	0.257	4.003
Leucine	g	1.597		7.244	0.453	7.041
Lysine	g	1.681		7.625	0.477	7.412
Methionine	g	0.517		2.345	0.147	2.279
Cystine	g	0.226		1.025	0.064	0.996
Phenylalanine	g	0.789		3.579	0.224	3.479
Tyrosine	g	0.679		3.080	0.192	2.994
Valine	g	0.983		4.459	0.279	4.334
Arginine	g	1.277		5.792	0.362	5.630
Histidine	g	0.692		3.139	0.196	3.051
Alanine	g	1.218		5.525	0.345	5.370
Aspartic acid	g	1.845		8.369	0.523	8.135
Glutamic acid	g	3.035		13.767	0.860	13.381
Glycine	g	1.102		4.999	0.312	4.859
Proline	g	0.892		4.046	0.253	3.933
Serine	g	0.772		3.502	0.219	3.404

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%
				3 oz = 85 g	1 lb raw AP yields 359 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.41		48.80	206.09	257.53
Food energy	{ kcal . . . kJ . . .	237 992		201 843	851 3,560	1,063 4,449
Protein (N X 6.25)	g . . .	26.82		22.80	96.29	120.33
Total lipid (fat)	g . . .	13.58		11.54	48.75	60.92
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.12		0.95	4.02	5.02
MINERALS:						
Calcium	mg . . .	6		5	20	25
Iron	mg . . .	1.84		1.56	6.60	8.25
Magnesium	mg . . .	25		21	89	112
Phosphorus	mg . . .	208		177	747	934
Potassium	mg . . .	363		308	1,302	1,627
Sodium	mg . . .	59		50	213	266
Zinc	mg . . .	4.34		3.69	15.59	19.49
Copper	mg . . .	0.099		0.084	0.355	0.444
Manganese	mg . . .	0.015		0.013	0.054	0.067
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.079		0.067	0.284	0.354
Riboflavin	mg . . .	0.161		0.137	0.578	0.722
Niacin	mg . . .	3.491		2.967	12.533	15.661
Pantothenic acid	mg . . .	0.420		0.357	1.508	1.884
Vitamin B ₆	mg . . .	0.35		0.30	1.26	1.57
Folic acid	mcg . . .	7		6	24	30
Vitamin B ₁₂	mcg . . .	2.10		1.79	7.55	9.43
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	5.53		4.70	19.84	24.79
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.03		0.03	0.11	0.14
12:0	g . . .	0.03		0.03	0.11	0.14
14:0	g . . .	0.41		0.35	1.46	1.83
16:0	g . . .	3.30		2.80	11.83	14.79
18:0	g . . .	1.51		1.28	5.42	6.77
Monounsaturated, total	g . . .	6.08		5.16	21.81	27.26
16:1	g . . .	0.56		0.48	2.02	2.52
18:1	g . . .	5.25		4.46	18.85	23.55
20:1	g . . .	0.02		0.02	0.07	0.09
22:1	g . . .					
Polyunsaturated, total	g . . .	0.50		0.42	1.79	2.23
18:2	g . . .	0.33		0.28	1.18	1.48
18:3	g . . .	0.13		0.11	0.48	0.60
18:4	g . . .					
20:4	g . . .	0.02		0.02	0.08	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	72		62	260	325
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.300		0.255	1.077	1.346
Threonine	g . . .	1.171		0.995	4.204	5.253
Isoleucine	g . . .	1.206		1.025	4.330	5.410
Leucine	g . . .	2.120		1.802	7.611	9.510
Lysine	g . . .	2.231		1.896	8.009	10.008
Methionine	g . . .	0.687		0.584	2.466	3.082
Cystine	g . . .	0.300		0.255	1.077	1.346
Phenylalanine	g . . .	1.047		0.890	3.759	4.697
Tyrosine	g . . .	0.901		0.766	3.235	4.042
Valine	g . . .	1.304		1.108	4.681	5.850
Arginine	g . . .	1.695		1.441	6.085	7.604
Histidine	g . . .	0.918		0.780	3.296	4.118
Alanine	g . . .	1.618		1.375	5.809	7.258
Aspartic acid	g . . .	2.450		2.083	8.796	10.991
Glutamic acid	g . . .	4.029		3.425	14.464	18.074
Glycine	g . . .	1.463		1.244	5.252	6.563
Proline	g . . .	1.184		1.006	4.251	5.311
Serine	g . . .	1.026		0.872	3.683	4.603

AH-8-13 (1985)
NDB No. 13181

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%
				3 oz = 85 g	1 lb raw AP yields 355 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	58.68		49.88	208.31	260.59
Food energy	{ kcal . . . kJ . . .	250 1,047		213 890	888 3,716	1,111 4,649
Protein (N X6.25)	g . . .	27.01		22.96	95.87	119.94
Total lipid (fat)	g . . .	14.95		12.71	53.09	66.41
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.13		0.96	4.00	5.01
MINERALS:						
Calcium	mg . . .	6		5	20	25
Iron	mg . . .	1.85		1.57	6.56	8.21
Magnesium	mg . . .	25		21	89	112
Phosphorus	mg . . .	210		178	744	931
Potassium	mg . . .	366		311	1,298	1,623
Sodium	mg . . .	59		51	211	264
Zinc	mg . . .	4.38		3.72	15.54	19.44
Copper	mg . . .	0.099		0.084	0.351	0.440
Manganese	mg . . .	0.015		0.013	0.053	0.067
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.080		0.068	0.284	0.355
Riboflavin	mg . . .	0.162		0.138	0.575	0.719
Niacin	mg . . .	3.513		2.986	12.471	15.601
Pantothenic acid	mg . . .	0.423		0.360	1.502	1.879
Vitamin B ₆	mg . . .	0.35		0.30	1.26	1.57
Folic acid	mcg . . .	7		6	24	30
Vitamin B ₁₂	mcg . . .	2.11		1.79	7.48	9.36
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.02		5.12	21.38	26.75
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.03		0.03	0.11	0.13
12:0	g . . .	0.03		0.02	0.10	0.13
14:0	g . . .	0.44		0.37	1.55	1.94
16:0	g . . .	3.59		3.05	12.74	15.94
18:0	g . . .	1.66		1.41	5.89	7.37
Monounsaturated, total	g . . .	6.67		5.67	23.68	29.63
16:1	g . . .	0.61		0.52	2.15	2.69
18:1	g . . .	5.78		4.92	20.53	25.69
20:1	g . . .	0.02		0.02	0.07	0.08
22:1	g . . .					
Polyunsaturated, total	g . . .	0.54		0.46	1.93	2.41
18:2	g . . .	0.37		0.31	1.31	1.63
18:3	g . . .	0.13		0.11	0.45	0.57
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.11	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	72		61	256	321
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.302		0.257	1.072	1.341
Threonine	g . . .	1.180		1.003	4.189	5.240
Isoleucine	g . . .	1.214		1.032	4.310	5.391
Leucine	g . . .	2.135		1.815	7.579	9.482
Lysine	g . . .	2.247		1.910	7.977	9.979
Methionine	g . . .	0.691		0.587	2.453	3.069
Cystine	g . . .	0.302		0.257	1.072	1.341
Phenylalanine	g . . .	1.054		0.896	3.742	4.681
Tyrosine	g . . .	0.907		0.771	3.220	4.028
Valine	g . . .	1.314		1.117	4.665	5.835
Arginine	g . . .	1.707		1.451	6.060	7.581
Histidine	g . . .	0.925		0.786	3.284	4.108
Alanine	g . . .	1.629		1.385	5.783	7.234
Aspartic acid	g . . .	2.467		2.097	8.758	10.956
Glutamic acid	g . . .	4.057		3.448	14.402	18.017
Glycine	g . . .	1.473		1.252	5.229	6.542
Proline	g . . .	1.193		1.014	4.235	5.298
Serine	g . . .	1.033		0.878	3.667	4.588

¹Standard error of estimate.

¹Standard error of estimate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%, separable fat 12%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	72.82		330.29	20.64	280.78
Food energy	{ kcal kJ	133 557		604 2,527	38 158	513 2,148
Protein (N X6.25)	g	21.75		98.65	6.17	83.86
Total lipid (fat)	g	4.47		20.25	1.27	17.22
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.11		5.03	0.31	4.27
MINERALS:						
Calcium	mg	4		18	1	16
Iron	mg	1.46		6.61	0.41	5.62
Magnesium	mg	23		106	7	90
Phosphorus	mg	210		953	60	810
Potassium	mg	383		1,738	109	1,478
Sodium	mg	53		239	15	203
Zinc	mg	2.92		13.25	0.83	11.26
Copper	mg	0.061		0.277	0.017	0.235
Manganese	mg	0.014		0.064	0.004	0.054
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.096		0.435	0.027	0.370
Riboflavin	mg	0.136		0.617	0.039	0.524
Niacin	mg	3.706		16.810	1.051	14.290
Pantothenic acid	mg	0.365		1.656	0.103	1.407
Vitamin B ₆	mg	0.45		2.04	0.13	1.74
Folic acid	mcg	7		30	2	25
Vitamin B ₁₂	mcg	3.20		14.51	0.91	12.33
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.63		7.38	0.46	6.28
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.00	0.00
12:0	g	0.00		0.00	0.00	0.00
14:0	g	0.11		0.48	0.03	0.41
16:0	g	0.99		4.48	0.28	3.81
18:0	g	0.45		2.03	0.13	1.72
Monounsaturated, total	g	1.93		8.75	0.55	7.44
16:1	g	0.18		0.79	0.05	0.67
18:1	g	1.68		7.60	0.47	6.46
20:1	g	0.00		0.01	0.00	0.01
22:1	g					
Polyunsaturated, total	g	0.20		0.90	0.06	0.77
18:2	g	0.15		0.68	0.04	0.58
18:3	g	0.01		0.04	0.00	0.03
18:4	g					
20:4	g	0.03		0.14	0.01	0.12
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	54		247	15	210
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.244		1.107	0.069	0.941
Threonine	g	0.950		4.309	0.269	3.663
Isoleucine	g	0.978		4.436	0.277	3.771
Leucine	g	1.719		7.797	0.487	6.628
Lysine	g	1.810		8.210	0.513	6.979
Methionine	g	0.557		2.527	0.158	2.148
Cystine	g	0.244		1.107	0.069	0.941
Phenylalanine	g	0.849		3.851	0.241	3.274
Tyrosine	g	0.731		3.316	0.207	2.819
Valine	g	1.058		4.799	0.300	4.080
Arginine	g	1.375		6.237	0.390	5.302
Histidine	g	0.745		3.379	0.211	2.873
Alanine	g	1.312		5.951	0.372	5.059
Aspartic acid	g	1.987		9.013	0.563	7.662
Glutamic acid	g	3.268		14.824	0.926	12.601
Glycine	g	1.187		5.384	0.337	4.577
Proline	g	0.960		4.355	0.272	3.702
Serine	g	0.832		3.774	0.236	3.208

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 lb raw AP yields 314 g EP	Refuse: Connective tissue 2%, separable fat 12%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	62.89		53.46	197.47	247.03
Food energy	{ kcal kJ	184 770		156 655	578 2,418	723 3,025
Protein (N X 6.25)	g	28.99		24.64	91.02	113.86
Total lipid (fat)	g	6.69		5.68	20.99	26.26
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.21		1.03	3.80	4.75
MINERALS:						
Calcium	mg	5		4	14	18
Iron	mg	1.95		1.65	6.11	7.64
Magnesium	mg	27		23	86	108
Phosphorus	mg	226		192	709	887
Potassium	mg	395		336	1,241	1,553
Sodium	mg	62		52	194	242
Zinc	mg	4.74		4.03	14.88	18.61
Copper	mg	0.100		0.085	0.314	0.393
Manganese	mg	0.016		0.014	0.050	0.063
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.086		0.073	0.270	0.338
Riboflavin	mg	0.171		0.145	0.537	0.672
Niacin	mg	3.751		3.188	11.778	14.734
Pantothenic acid	mg	0.456		0.388	1.432	1.791
Vitamin B ₆	mg	0.38		0.32	1.19	1.49
Folacin	mcg	7		6	23	28
Vitamin B ₁₂	mcg	2.17		1.84	6.81	8.52
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.56		2.17	8.03	10.04
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.01	0.01
12:0	g	0.00		0.00	0.01	0.01
14:0	g	0.17		0.14	0.52	0.65
16:0	g	1.52		1.29	4.77	5.96
18:0	g	0.74		0.63	2.31	2.89
Monounsaturated, total	g	2.94		2.50	9.23	11.54
16:1	g	0.24		0.21	0.76	0.95
18:1	g	2.59		2.20	8.14	10.18
20:1	g	0.00		0.00	0.00	0.00
22:1	g					
Polyunsaturated, total	g	0.23		0.20	0.73	0.92
18:2	g	0.18		0.15	0.55	0.69
18:3	g	0.02		0.01	0.05	0.06
18:4	g					
20:4	g	0.03		0.02	0.09	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	69		59	218	273
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.325		0.276	1.021	1.277
Threonine	g	1.266		1.076	3.975	4.973
Isoleucine	g	1.303		1.108	4.091	5.118
Leucine	g	2.291		1.947	7.194	8.999
Lysine	g	2.412		2.050	7.574	9.474
Methionine	g	0.742		0.631	2.330	2.915
Cystine	g	0.325		0.276	1.021	1.277
Phenylalanine	g	1.132		0.962	3.554	4.446
Tyrosine	g	0.974		0.828	3.058	3.826
Valine	g	1.410		1.199	4.427	5.538
Arginine	g	1.832		1.557	5.752	7.196
Histidine	g	0.993		0.844	3.118	3.901
Alanine	g	1.749		1.487	5.492	6.870
Aspartic acid	g	2.648		2.251	8.315	10.401
Glutamic acid	g	4.355		3.702	13.675	17.106
Glycine	g	1.582		1.345	4.967	6.214
Proline	g	1.280		1.088	4.019	5.028
Serine	g	1.108		0.942	3.479	4.352

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 3%, separable fat 11%
A	B	C	D	E	F	G
PROXIMATE:						
Water g	73.36			332.75	20.80	286.46
Food energy { <i>kcal</i>	126			571	36	492
Protein (N X 6.25) g	527			2,390	149	2,058
Total lipid (fat) g	21.75			98.65	6.17	84.93
Carbohydrate, total g	3.67			16.64	1.04	14.33
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	0.00			0.00	0.00	0.00
	1.11			5.03	0.31	4.33
MINERALS:						
Calcium mg	4			18	1	16
Iron mg	1.46			6.61	0.41	5.69
Magnesium mg	23			106	7	91
Phosphorus mg	210			953	60	821
Potassium mg	383			1,738	109	1,497
Sodium mg	53			239	15	206
Zinc mg	2.92			13.25	0.83	11.40
Copper mg	0.061			0.277	0.017	0.238
Manganese mg	0.014			0.064	0.004	0.055
VITAMINS:						
Ascorbic acid mg	0.0			0.0	0.0	0.0
Thiamin mg	0.096			0.435	0.027	0.375
Riboflavin mg	0.136			0.617	0.039	0.531
Niacin mg	3.706			16.810	1.051	14.472
Pantothenic acid mg	0.365			1.656	0.103	1.425
Vitamin B ₆ mg	0.45			2.04	0.13	1.76
Folacin mcg	7			30	2	25
Vitamin B ₁₂ mcg	3.20			14.51	0.91	12.49
Vitamin A { <i>RE</i>	--			--	--	--
	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	1.34			6.06	0.38	5.22
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.00			0.00	0.00	0.00
12:0 g	0.00			0.00	0.00	0.00
14:0 g	0.09			0.39	0.02	0.34
16:0 g	0.81			3.68	0.23	3.17
18:0 g	0.37			1.66	0.10	1.43
Monounsaturated, total g	1.59			7.20	0.45	6.20
16:1 g	0.14			0.65	0.04	0.56
18:1 g	1.38			6.25	0.39	5.38
20:1 g	0.00			0.01	0.00	0.01
22:1 g						
Polyunsaturated, total g	0.16			0.73	0.05	0.63
18:2 g	0.12			0.56	0.03	0.48
18:3 g	0.01			0.03	0.00	0.02
20:4 g						
20:5 g	0.02			0.11	0.01	0.09
22:5 g						
22:6 g						
Cholesterol mg	54			247	15	212
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.244			1.107	0.069	0.953
Threonine g	0.950			4.309	0.269	3.710
Isoleucine g	0.978			4.436	0.277	3.819
Leucine g	1.719			7.797	0.487	6.713
Lysine g	1.810			8.210	0.513	7.068
Methionine g	0.557			2.527	0.158	2.175
Cystine g	0.244			1.107	0.069	0.953
Phenylalanine g	0.849			3.851	0.241	3.315
Tyrosine g	0.731			3.316	0.207	2.855
Valine g	1.058			4.799	0.300	4.131
Arginine g	1.375			6.237	0.390	5.369
Histidine g	0.745			3.379	0.211	2.909
Alanine g	1.312			5.951	0.372	5.123
Aspartic acid g	1.987			9.013	0.563	7.759
Glutamic acid g	3.268			14.824	0.926	12.762
Glycine g	1.187			5.384	0.337	4.635
Proline g	0.960			4.355	0.272	3.749
Serine g	0.832			3.774	0.236	3.249

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN ONLY, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%, separable fat 12%	
				3 oz = 85 g	1 lb raw AP yields 316 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	62.60		53.21	197.83	247.60	
Food energy	{ kcal	178		151	562	703	
	{ kJ	744		632	2,351	2,942	
Protein (N X6.25)	g	28.99		24.64	91.60	114.65	
Total lipid (fat)	g	5.99		5.09	18.93	23.69	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.21		1.03	3.82	4.79	
MINERALS:							
Calcium	mg	5		4	14	18	
Iron	mg	1.95		1.65	6.15	7.69	
Magnesium	mg	27		23	87	108	
Phosphorus	mg	226		192	714	893	
Potassium	mg	395		336	1,249	1,564	
Sodium	mg	62		52	195	244	
Zinc	mg	4.74		4.03	14.97	18.74	
Copper	mg	0.100		0.085	0.316	0.396	
Manganese	mg	0.016		0.014	0.051	0.063	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.086		0.073	0.272	0.340	
Riboflavin	mg	0.171		0.145	0.540	0.676	
Niacin	mg	3.751		3.188	11.853	14.835	
Pantothenic acid	mg	0.456		0.388	1.441	1.803	
Vitamin B ₆	mg	0.38		0.32	1.20	1.50	
Folacin	mcg	7		6	23	29	
Vitamin B ₁₂	mcg	2.17		1.84	6.85	8.57	
Vitamin A	{ RE	--		--	--	--	
	{ IU	--		--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.29		1.95	7.24	9.06	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		0.00	0.00	0.00	
12:0	g	0.00		0.00	0.01	0.01	
14:0	g	0.15		0.13	0.47	0.59	
16:0	g	1.36		1.16	4.30	5.38	
18:0	g	0.66		0.56	2.09	2.61	
Monounsaturated, total	g	2.63		2.24	8.32	10.41	
16:1	g	0.22		0.19	0.69	0.86	
18:1	g	2.32		1.97	7.34	9.18	
20:1	g	0.00		0.00	0.00	0.00	
22:1	g						
Polyunsaturated, total	g	0.21		0.18	0.66	0.82	
18:2	g	0.16		0.13	0.50	0.62	
18:3	g	0.01		0.01	0.04	0.05	
18:4	g						
20:4	g	0.03		0.02	0.08	0.10	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69		59	219	274	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.325		0.276	1.027	1.285	
Threonine	g	1.266		1.076	4.001	5.007	
Isoleucine	g	1.303		1.108	4.117	5.153	
Leucine	g	2.291		1.947	7.240	9.061	
Lysine	g	2.412		2.050	7.622	9.539	
Methionine	g	0.742		0.631	2.345	2.935	
Cystine	g	0.325		0.276	1.027	1.285	
Phenylalanine	g	1.132		0.962	3.577	4.477	
Tyrosine	g	0.974		0.828	3.078	3.852	
Valine	g	1.410		1.199	4.456	5.577	
Arginine	g	1.832		1.557	5.789	7.246	
Histidine	g	0.993		0.844	3.138	3.927	
Alanine	g	1.749		1.487	5.527	6.917	
Aspartic acid	g	2.648		2.251	8.368	10.473	
Glutamic acid	g	4.355		3.702	13.762	17.224	
Glycine	g	1.582		1.345	4.999	6.257	
Proline	g	1.280		1.088	4.045	5.062	
Serine	g	1.108		0.942	3.501	4.382	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 3%, separable fat 13%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	71.60		324.77	20.30	272.50
Food energy	{ kcal kJ	149 625		677 2,834	42 177	568 2,378
Protein (N X6.25)	g	21.75		98.65	6.17	82.77
Total lipid (fat)	g	6.26		28.39	1.77	23.82
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.11		5.03	0.31	4.22
MINERALS:						
Calcium	mg	4		18	1	16
Iron	mg	1.46		6.61	0.41	5.55
Magnesium	mg	23		106	7	89
Phosphorus	mg	210		953	60	800
Potassium	mg	383		1,738	109	1,459
Sodium	mg	53		239	15	201
Zinc	mg	2.92		13.25	0.83	11.11
Copper	mg	0.061		0.277	0.017	0.232
Manganese	mg	0.014		0.064	0.004	0.053
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.096		0.435	0.027	0.365
Riboflavin	mg	0.136		0.617	0.039	0.518
Niacin	mg	3.706		16.810	1.051	14.105
Pantothenic acid	mg	0.365		1.656	0.103	1.389
Vitamin B6	mg	0.45		2.04	0.13	1.71
Folacin	mcg	7		30	2	25
Vitamin B12	mcg	3.20		14.51	0.91	12.17
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.28		10.36	0.65	8.69
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.00	0.00
12:0	g	0.00		0.01	0.00	0.01
14:0	g	0.15		0.68	0.04	0.57
16:0	g	1.38		6.27	0.39	5.26
18:0	g	0.63		2.84	0.18	2.39
Monounsaturated, total	g	2.71		12.28	0.77	10.31
16:1	g	0.25		1.12	0.07	0.94
18:1	g	2.35		10.65	0.67	8.94
20:1	g	0.01		0.02	0.00	0.02
22:1	g					
Polyunsaturated, total	g	0.28		1.26	0.08	1.06
18:2	g	0.21		0.95	0.06	0.80
18:3	g	0.01		0.05	0.00	0.04
20:4	g					
20:5	g	0.04		0.19	0.01	0.16
22:5	g					
22:6	g					
Cholesterol	mg	54		247	15	207
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.244		1.107	0.069	0.929
Threonine	g	0.950		4.309	0.269	3.616
Isoleucine	g	0.978		4.436	0.277	3.722
Leucine	g	1.719		7.797	0.487	6.543
Lysine	g	1.810		8.210	0.513	6.889
Methionine	g	0.557		2.527	0.158	2.120
Cystine	g	0.244		1.107	0.069	0.929
Phenylalanine	g	0.849		3.851	0.241	3.231
Tyrosine	g	0.731		3.316	0.207	2.782
Valine	g	1.058		4.799	0.300	4.027
Arginine	g	1.375		6.237	0.390	5.233
Histidine	g	0.745		3.379	0.211	2.835
Alanine	g	1.312		5.951	0.372	4.993
Aspartic acid	g	1.987		9.013	0.563	7.563
Glutamic acid	g	3.268		14.824	0.926	12.438
Glycine	g	1.187		5.384	0.337	4.518
Proline	g	0.960		4.355	0.272	3.654
Serine	g	0.832		3.774	0.236	3.167

AH-8-13 (1985)
NDB No. 13190

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	65.89		298.89	18.68	288.41
Food energy	{ kcal . . . kJ . . .	206 864		934 3,919	58 245	902 3,782
Protein (N X6 . 25)	g	19.29		87.50	5.47	84.43
Total lipid (fat)	g	13.75		62.37	3.90	60.18
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.93		4.22	0.26	4.07
MINERALS:						
Calcium	mg	5		24	1	23
Iron	mg	1.97		8.94	0.56	8.63
Magnesium	mg	21		94	6	90
Phosphorus	mg	190		861	54	831
Potassium	mg	322		1,461	91	1,409
Sodium	mg	57		260	16	251
Zinc	mg	4.31		19.55	1.22	18.87
Copper	mg	0.075		0.340	0.021	0.328
Manganese	mg	0.013		0.059	0.004	0.057
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.106		0.481	0.030	0.464
Riboflavin	mg	0.178		0.807	0.050	0.779
Niacin	mg	3.111		14.111	0.882	13.617
Pantothenic acid	mg	0.323		1.465	0.092	1.414
Vitamin B ₆	mg	0.40		1.82	0.11	1.76
Folic acid	mcg	7		32	2	31
Vitamin B ₁₂	mcg	2.97		13.49	0.84	13.01
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	5.80		26.33	1.64	25.41
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.20	0.01	0.19
12:0	g	0.03		0.14	0.01	0.13
14:0	g	0.43		1.93	0.12	1.86
16:0	g	3.29		14.91	0.93	14.39
18:0	g	1.65		7.50	0.47	7.24
Monounsaturated, total	g	6.15		27.89	1.75	26.91
16:1	g	0.67		3.04	0.19	2.93
18:1	g	5.20		23.57	1.47	22.74
20:1	g	0.02		0.08	0.01	0.08
22:1	g					
Polyunsaturated, total	g	0.55		2.49	0.15	2.40
18:2	g	0.36		1.61	0.10	1.55
18:3	g	0.16		0.73	0.04	0.71
18:4	g					
20:4	g	0.03		0.12	0.01	0.12
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65		295	18	285
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.216		0.980	0.061	0.945
Threonine	g	0.842		3.819	0.239	3.685
Isoleucine	g	0.867		3.933	0.246	3.795
Leucine	g	1.524		6.913	0.432	6.671
Lysine	g	1.605		7.280	0.455	7.025
Methionine	g	0.494		2.241	0.140	2.162
Cystine	g	0.216		0.980	0.061	0.945
Phenylalanine	g	0.753		3.416	0.213	3.296
Tyrosine	g	0.648		2.939	0.184	2.836
Valine	g	0.938		4.255	0.266	4.106
Arginine	g	1.219		5.529	0.346	5.336
Histidine	g	0.660		2.994	0.187	2.889
Alanine	g	1.163		5.275	0.330	5.090
Aspartic acid	g	1.762		7.992	0.500	7.712
Glutamic acid	g	2.898		13.145	0.822	12.685
Glycine	g	1.052		4.772	0.298	4.605
Proline	g	0.852		3.865	0.242	3.729
Serine	g	0.738		3.348	0.209	3.230

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, All grades, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				3 oz = 85 g	1 lb raw AP yields 328 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	57.34		48.74	188.07	250.73
Food energy	{ kcal	251		213	823	1,097
	{ kJ	1,050		892	3,443	4,591
Protein (N X6.25)	g	26.47		22.50	86.82	115.75
Total lipid (fat)	g	15.29		12.99	50.13	66.84
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.09		0.92	3.56	4.75
MINERALS:						
Calcium	mg	6		6	21	28
Iron	mg	2.71		2.30	8.88	11.83
Magnesium	mg	25		21	81	108
Phosphorus	mg	221		188	725	966
Potassium	mg	353		300	1,158	1,544
Sodium	mg	62		53	203	271
Zinc	mg	6.37		5.41	20.89	27.85
Copper	mg	0.121		0.103	0.397	0.529
Manganese	mg	0.015		0.013	0.049	0.066
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.090		0.077	0.295	0.394
Riboflavin	mg	0.245		0.208	0.804	1.071
Niacin	mg	3.468		2.948	11.375	15.166
Pantothenic acid	mg	0.430		0.366	1.410	1.880
Vitamin B ₆	mg	0.37		0.31	1.20	1.60
Folacin	mcg	7		6	24	32
Vitamin B ₁₂	mcg	2.74		2.33	8.97	11.96
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.09		5.18	19.98	26.63
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.03	0.11	0.15
12:0	g	0.03		0.03	0.11	0.15
14:0	g	0.45		0.39	1.49	1.99
16:0	g	3.58		3.04	11.74	15.66
18:0	g	1.73		1.47	5.66	7.55
Monounsaturated, total	g	6.65		5.65	21.81	29.07
16:1	g	0.60		0.51	1.98	2.64
18:1	g	5.76		4.89	18.88	25.17
20:1	g	0.02		0.02	0.07	0.09
22:1	g					
Polyunsaturated, total	g	0.60		0.51	1.95	2.61
18:2	g	0.41		0.35	1.34	1.79
18:3	g	0.15		0.12	0.48	0.64
18:4	g					
20:4	g	0.03		0.03	0.10	0.14
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83		70	272	362
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.296		0.252	0.971	1.294
Threonine	g	1.156		0.983	3.792	5.055
Isoleucine	g	1.190		1.012	3.903	5.204
Leucine	g	2.092		1.778	6.862	9.148
Lysine	g	2.202		1.872	7.223	9.629
Methionine	g	0.678		0.576	2.224	2.965
Cystine	g	0.296		0.252	0.971	1.294
Phenylalanine	g	1.033		0.878	3.388	4.517
Tyrosine	g	0.889		0.756	2.916	3.888
Valine	g	1.287		1.094	4.221	5.628
Arginine	g	1.673		1.422	5.487	7.316
Histidine	g	0.906		0.770	2.972	3.962
Alanine	g	1.597		1.357	5.238	6.984
Aspartic acid	g	2.418		2.055	7.931	10.574
Glutamic acid	g	3.977		3.380	13.045	17.391
Glycine	g	1.444		1.227	4.736	6.315
Proline	g	1.169		0.994	3.834	5.112
Serine	g	1.012		0.860	3.319	4.425

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	1 lb	Refuse: Connective tissue 4%
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	65.61			297.60	18.60	287.17
Food energy { kcal . .	209			950	60	917
{ kJ . . .	876			3,971	248	3,832
Protein (N X6, 25) g . . .	19.25			87.32	5.46	84.26
Total lipid (fat) g . . .	14.10			63.97	4.00	61.74
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.93			4.21	0.26	4.06
MINERALS:						
Calcium mg . . .	5			24	1	23
Iron mg . . .	1.97			8.93	0.56	8.61
Magnesium mg . . .	21			93	6	90
Phosphorus mg . . .	189			859	54	829
Potassium mg . . .	321			1,457	91	1,406
Sodium mg . . .	57			259	16	250
Zinc mg . . .	4.30			19.50	1.22	18.82
Copper mg . . .	0.075			0.340	0.021	0.328
Manganese mg . . .	0.013			0.059	0.004	0.057
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.106			0.481	0.030	0.464
Riboflavin mg . . .	0.178			0.807	0.050	0.779
Niacin mg . . .	3.105			14.084	0.880	13.591
Pantothenic acid mg . . .	0.322			1.461	0.091	1.409
Vitamin B ₆ mg . . .	0.40			1.82	0.11	1.76
Folacin mcg . . .	7			32	2	31
Vitamin B ₁₂ mcg . . .	2.97			13.46	0.84	12.99
Vitamin A { RE . . .	--			--	--	--
IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	5.96			27.02	1.69	26.07
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.04			0.20	0.01	0.19
12:0 g . . .	0.03			0.14	0.01	0.14
14:0 g . . .	0.44			1.97	0.12	1.90
16:0 g . . .	3.37			15.28	0.96	14.74
18:0 g . . .	1.69			7.70	0.48	7.43
Monounsaturated, total g . . .	6.31			28.63	1.79	27.62
16:1 g . . .	0.69			3.13	0.19	3.02
18:1 g . . .	5.34			24.20	1.52	23.35
20:1 g . . .	0.02			0.08	0.01	0.08
22:1 g . . .						
Polyunsaturated, total g . . .	0.57			2.56	0.16	2.47
18:2 g . . .	0.36			1.64	0.10	1.58
18:3 g . . .	0.16			0.74	0.05	0.71
18:4 g . . .						
20:4 g . . .	0.03			0.13	0.01	0.12
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	65			296	18	286
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.216			0.980	0.061	0.945
Threonine g . . .	0.841			3.815	0.238	3.681
Isoleucine g . . .	0.865			3.924	0.245	3.786
Leucine g . . .	1.522			6.904	0.431	6.662
Lysine g . . .	1.602			7.267	0.454	7.012
Methionine g . . .	0.493			2.236	0.140	2.158
Cystine g . . .	0.216			0.980	0.061	0.945
Phenylalanine g . . .	0.752			3.411	0.213	3.292
Tyrosine g . . .	0.647			2.935	0.183	2.832
Valine g . . .	0.936			4.246	0.265	4.097
Arginine g . . .	1.217			5.520	0.345	5.327
Histidine g . . .	0.659			2.989	0.187	2.884
Alanine g . . .	1.161			5.266	0.329	5.082
Aspartic acid g . . .	1.759			7.979	0.499	7.699
Glutamic acid g . . .	2.892			13.118	0.820	12.658
Glycine g . . .	1.050			4.763	0.298	4.596
Proline g . . .	0.850			3.856	0.241	3.720
Serine g . . .	0.736			3.338	0.209	3.221

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%
				3 oz = 85 g	1 lb raw AP yields 329 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	57.05		48.50	187.71	250.01
Food energy	{ kcal kJ	254 1,064		216 905	837 3,502	1,115 4,664
Protein (N X6.25)	g	26.42		22.45	86.91	115.75
Total lipid (fat)	g	15.70		13.34	51.64	68.78
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.08		0.92	3.56	4.75
MINERALS:						
Calcium	mg	7		6	21	29
Iron	mg	2.70		2.30	8.88	11.83
Magnesium	mg	25		21	81	108
Phosphorus	mg	220		187	725	966
Potassium	mg	352		300	1,159	1,544
Sodium	mg	62		53	204	271
Zinc	mg	6.35		5.40	20.89	27.83
Copper	mg	0.120		0.102	0.395	0.526
Manganese	mg	0.015		0.013	0.049	0.066
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.089		0.076	0.293	0.390
Riboflavin	mg	0.245		0.208	0.806	1.074
Niacin	mg	3.462		2.943	11.390	15.170
Pantothenic acid	mg	0.429		0.365	1.411	1.880
Vitamin B ₆	mg	0.37		0.31	1.20	1.60
Folacin	mcg	7		6	24	32
Vitamin B ₁₂	mcg	2.73		2.32	8.99	11.97
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.25		5.31	20.57	27.40
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.03	0.12	0.16
12:0	g	0.03		0.03	0.11	0.15
14:0	g	0.47		0.40	1.53	2.04
16:0	g	3.68		3.12	12.09	16.11
18:0	g	1.77		1.51	5.83	7.77
Monounsaturated, total	g	6.83		5.80	22.45	29.91
16:1	g	0.62		0.53	2.04	2.71
18:1	g	5.91		5.02	19.44	25.90
20:1	g	0.02		0.02	0.07	0.09
22:1	g					
Polyunsaturated, total	g	0.61		0.52	2.02	2.69
18:2	g	0.42		0.36	1.38	1.84
18:3	g	0.15		0.13	0.49	0.66
18:4	g					
20:4	g	0.03		0.03	0.11	0.14
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83		70	273	363
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.296		0.252	0.974	1.297
Threonine	g	1.154		0.981	3.797	5.057
Isoleucine	g	1.188		1.010	3.909	5.206
Leucine	g	2.088		1.775	6.870	9.150
Lysine	g	2.198		1.868	7.231	9.632
Methionine	g	0.676		0.575	2.224	2.962
Cystine	g	0.296		0.252	0.974	1.297
Phenylalanine	g	1.031		0.876	3.392	4.518
Tyrosine	g	0.887		0.754	2.918	3.887
Valine	g	1.285		1.092	4.228	5.631
Arginine	g	1.669		1.419	5.491	7.314
Histidine	g	0.904		0.768	2.974	3.961
Alanine	g	1.593		1.354	5.241	6.981
Aspartic acid	g	2.413		2.051	7.939	10.574
Glutamic acid	g	3.968		3.373	13.055	17.388
Glycine	g	1.441		1.225	4.741	6.314
Proline	g	1.166		0.991	3.836	5.109
Serine	g	1.010		0.859	3.323	4.426

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	67.08			304.25	19.01	292.72
Food energy { kcal . . .	194			880	55	849
{ kJ . . .	812			3,683	230	3,544
Protein (N X6 . 25) g	19.48			88.37	5.52	85.02
Total lipid (fat) g	12.29			55.72	3.48	53.61
Carbohydrate, total g	0.00			0.00	0.00	0.00
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	0.94			4.27	0.27	4.11
MINERALS:						
Calcium mg	5			24	1	23
Iron mg	1.99			9.04	0.57	8.70
Magnesium mg	21			95	6	91
Phosphorus mg	192			871	54	838
Potassium mg	326			1,481	93	1,425
Sodium mg	58			262	16	252
Zinc mg	4.37			19.82	1.24	19.07
Copper mg	0.075			0.340	0.021	0.327
Manganese mg	0.013			0.059	0.004	0.057
VITAMINS:						
Ascorbic acid mg	0.0			0.0	0.0	0.0
Thiamin mg	0.107			0.485	0.030	0.467
Riboflavin mg	0.180			0.816	0.051	0.786
Niacin mg	3.141			14.248	0.890	13.707
Pantothenic acid mg	0.326			1.479	0.092	1.423
Vitamin B ₆ mg	0.41			1.84	0.11	1.77
Folacin mcg	7			32	2	31
Vitamin B ₁₂ mcg	3.00			13.60	0.85	13.09
Vitamin A { RE	--			--	--	--
{ IU	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	5.20			23.57	1.48	22.68
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.04			0.18	0.01	0.17
12:0 g	0.03			0.12	0.01	0.12
14:0 g	0.37			1.72	0.11	1.63
16:0 g	2.93			13.31	0.83	12.80
18:0 g	1.48			6.70	0.42	6.44
Monounsaturated, total g	5.50			24.95	1.56	24.00
16:1 g	0.61			2.73	0.17	2.65
18:1 g	4.64			21.05	1.32	20.25
20:1 g	0.02			0.07	0.00	0.07
22:1 g						
Polyunsaturated, total g	0.50			2.25	0.14	2.16
18:2 g	0.31			1.42	0.09	1.37
18:3 g	0.14			0.64	0.04	0.62
18:4 g						
20:4 g	0.02			0.11	0.01	0.10
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	65			293	18	282
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.218			0.989	0.062	0.951
Threonine g	0.851			3.860	0.241	3.714
Isoleucine g	0.876			3.974	0.248	3.823
Leucine g	1.540			6.985	0.437	6.721
Lysine g	1.621			7.353	0.460	7.074
Methionine g	0.499			2.263	0.141	2.178
Cystine g	0.218			0.989	0.062	0.951
Phenylalanine g	0.761			3.452	0.216	3.321
Tyrosine g	0.655			2.971	0.186	2.858
Valine g	0.948			4.300	0.269	4.137
Arginine g	1.231			5.584	0.349	5.372
Histidine g	0.667			3.026	0.189	2.911
Alanine g	1.175			5.330	0.333	5.128
Aspartic acid g	1.780			8.074	0.505	7.768
Glutamic acid g	2.927			13.277	0.830	12.773
Glycine g	1.063			4.822	0.301	4.639
Proline g	0.860			3.901	0.244	3.753
Serine g	0.745			3.379	0.211	3.251

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 5%
				3 oz = 85 g	1 lb raw AP yields 324 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	58.15			49.42	188.40	251.37
Food energy { kcal 241				205	780	1,041
Protein (N X 6.25) g . . .	26.61			856	3,265	4,356
Total lipid (fat) g . . .	14.10			22.62	86.23	115.05
Carbohydrate, total g . . .	0.00			11.98	45.68	60.95
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.09			0.00	0.00	0.00
				0.93	3.53	4.72
MINERALS:						
Calcium mg . . .	6			5	21	28
Iron mg . . .	2.72			2.31	8.82	11.76
Magnesium mg . . .	25			21	81	108
Phosphorus mg . . .	222			189	720	961
Potassium mg . . .	355			302	1,151	1,536
Sodium mg . . .	62			53	201	269
Zinc mg . . .	6.41			5.45	20.78	27.73
Copper mg . . .	0.121			0.103	0.392	0.523
Manganese mg . . .	0.015			0.013	0.049	0.065
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.090			0.077	0.292	0.389
Riboflavin mg . . .	0.247			0.210	0.800	1.068
Niacin mg . . .	3.486			2.963	11.295	15.070
Pantothenic acid mg . . .	0.433			0.368	1.403	1.872
Vitamin B ₆ mg . . .	0.37			0.31	1.20	1.60
Folacin mcg . . .	7			6	24	32
Vitamin B ₁₂ mcg . . .	2.75			2.33	8.90	11.87
Vitamin A { RE . . .	--			--	--	--
	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	5.62			4.78	18.22	24.31
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.03			0.03	0.11	0.14
12:0 g . . .	0.03			0.03	0.10	0.14
14:0 g . . .	0.42			0.36	1.36	1.81
16:0 g . . .	3.31			2.81	10.71	14.30
18:0 g . . .	1.59			1.35	5.16	6.88
Monounsaturated, total g . . .	6.14			5.22	19.88	26.53
16:1 g . . .	0.56			0.47	1.81	2.41
18:1 g . . .	5.31			4.51	17.21	22.96
20:1 g . . .	0.02			0.02	0.06	0.08
22:1 g . . .						
Polyunsaturated, total g . . .	0.55			0.47	1.78	2.37
18:2 g . . .	0.38			0.32	1.22	1.63
18:3 g . . .	0.14			0.12	0.44	0.59
18:4 g . . .						
20:4 g . . .	0.03			0.02	0.09	0.12
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	83			70	268	358
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.298			0.253	0.966	1.288
Threonine g . . .	1.162			0.988	3.765	5.023
Isoleucine g . . .	1.196			1.017	3.875	5.170
Leucine g . . .	2.103			1.788	6.814	9.091
Lysine g . . .	2.214			1.882	7.173	9.571
Methionine g . . .	0.681			0.579	2.206	2.944
Cystine g . . .	0.298			0.253	0.966	1.288
Phenylalanine g . . .	1.039			0.883	3.366	4.492
Tyrosine g . . .	0.894			0.760	2.897	3.865
Valine g . . .	1.294			1.100	4.193	5.594
Arginine g . . .	1.682			1.430	5.450	7.271
Histidine g . . .	0.911			0.774	2.952	3.938
Alanine g . . .	1.605			1.364	5.200	6.938
Aspartic acid g . . .	2.431			2.066	7.876	10.509
Glutamic acid g . . .	3.998			3.398	12.954	17.283
Glycine g . . .	1.452			1.234	4.704	6.277
Proline g . . .	1.175			0.999	3.807	5.080
Serine g . . .	1.018			0.865	3.298	4.401

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 5%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	64.01		290.34	18.14	275.23
Food energy	{ kcal . . .	227		1,028	64	974
	{ kJ . . .	948		4,301	269	4,077
Protein (N X6 . 25)	g . . .	19.14		86.80	5.42	82.28
Total lipid (fat)	g . . .	16.06		72.83	4.55	69.03
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.92		4.18	0.26	3.96
MINERALS:						
Calcium	mg . . .	5		24	2	23
Iron	mg . . .	1.96		8.87	0.55	8.41
Magnesium	mg . . .	20		92	6	88
Phosphorus	mg . . .	188		853	53	809
Potassium	mg . . .	318		1,444	90	1,369
Sodium	mg . . .	57		258	16	244
Zinc	mg . . .	4.27		19.35	1.21	18.34
Copper	mg . . .	0.074		0.336	0.021	0.318
Manganese	mg . . .	0.013		0.059	0.004	0.056
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.105		0.476	0.030	0.452
Riboflavin	mg . . .	0.176		0.798	0.050	0.757
Niacin	mg . . .	3.088		14.007	0.875	13.278
Pantothenic acid	mg . . .	0.320		1.452	0.091	1.376
Vitamin B ₆	mg . . .	0.40		1.81	0.11	1.71
Folacin	mcg . . .	7		32	2	30
Vitamin B ₁₂	mcg . . .	2.95		13.39	0.84	12.69
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.71		30.46	1.90	28.88
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.05		0.23	0.01	0.22
12:0	g . . .	0.03		0.15	0.01	0.14
14:0	g . . .	0.48		2.21	0.13	2.10
16:0	g . . .	3.80		17.26	1.08	16.37
18:0	g . . .	1.92		8.72	0.54	8.27
Monounsaturated, total	g . . .	7.16		32.48	2.03	30.79
16:1	g . . .	0.77		3.51	0.22	3.32
18:1	g . . .	6.07		27.51	1.72	26.08
20:1	g . . .	0.02		0.09	0.01	0.09
22:1	g . . .					
Polyunsaturated, total	g . . .	0.66		2.96	0.19	2.81
18:2	g . . .	0.42		1.91	0.12	1.81
18:3	g . . .	0.17		0.80	0.05	0.76
18:4	g . . .					
20:4	g . . .	0.04		0.16	0.01	0.15
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	66		298	19	282
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.214		0.971	0.061	0.920
Threonine	g . . .	0.836		3.792	0.237	3.595
Isoleucine	g . . .	0.860		3.901	0.244	3.698
Leucine	g . . .	1.513		6.863	0.429	6.506
Lysine	g . . .	1.592		7.221	0.451	6.846
Methionine	g . . .	0.490		2.223	0.139	2.107
Cystine	g . . .	0.214		0.971	0.061	0.920
Phenylalanine	g . . .	0.747		3.388	0.212	3.212
Tyrosine	g . . .	0.643		2.917	0.182	2.765
Valine	g . . .	0.931		4.223	0.264	4.003
Arginine	g . . .	1.209		5.484	0.343	5.199
Histidine	g . . .	0.655		2.971	0.186	2.817
Alanine	g . . .	1.154		5.235	0.327	4.962
Aspartic acid	g . . .	1.748		7.929	0.496	7.516
Glutamic acid	g . . .	2.875		13.041	0.815	12.363
Glycine	g . . .	1.044		4.736	0.296	4.489
Proline	g . . .	0.845		3.833	0.240	3.634
Serine	g . . .	0.732		3.320	0.208	3.148

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%	AP
				3 oz	1 lb raw		
				= 85 g	yields 328 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	54.64		46.44	179.21	239.15	
Food energy	{ kcal kJ	284 1,189		242 1,011	932 3,901	1,244 5,206	
Protein (N X6.25)	g	25.96		22.07	85.16	113.64	
Total lipid (fat)	g	19.22		16.34	63.05	84.14	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.07		0.91	3.49	4.66	
MINERALS:							
Calcium	mg	7		6	22	29	
Iron	mg	2.65		2.26	8.70	11.61	
Magnesium	mg	24		21	79	106	
Phosphorus	mg	216		184	710	947	
Potassium	mg	346		294	1,134	1,513	
Sodium	mg	61		52	201	268	
Zinc	mg	6.21		5.28	20.37	27.18	
Copper	mg	0.119		0.101	0.390	0.521	
Manganese	mg	0.015		0.013	0.049	0.066	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.088		0.075	0.289	0.385	
Riboflavin	mg	0.240		0.204	0.787	1.050	
Niacin	mg	3.407		2.896	11.175	14.912	
Pantothenic acid	mg	0.421		0.358	1.381	1.843	
Vitamin B ₆	mg	0.36		0.31	1.18	1.58	
Folic acid	mcg	7		6	24	32	
Vitamin B ₁₂	mcg	2.70		2.30	8.86	11.82	
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g	7.64		6.50	25.07	33.46	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04		0.04	0.14	0.19	
12:0	g	0.04		0.04	0.14	0.18	
14:0	g	0.57		0.48	1.86	2.49	
16:0	g	4.49		3.82	14.73	19.65	
18:0	g	2.17		1.85	7.12	9.51	
Monounsaturated, total	g	8.35		7.10	27.38	36.54	
16:1	g	0.76		0.64	2.48	3.30	
18:1	g	7.23		6.15	23.72	31.65	
20:1	g	0.03		0.02	0.09	0.11	
22:1	g						
Polyunsaturated, total	g	0.75		0.64	2.47	3.30	
18:2	g	0.52		0.44	1.70	2.27	
18:3	g	0.18		0.15	0.59	0.79	
18:4	g						
20:4	g	0.04		0.03	0.13	0.18	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83		71	273	364	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.291		0.247	0.954	1.274	
Threonine	g	1.134		0.964	3.720	4.964	
Isoleucine	g	1.167		0.992	3.828	5.108	
Leucine	g	2.052		1.744	6.731	8.982	
Lysine	g	2.160		1.836	7.085	9.454	
Methionine	g	0.665		0.565	2.181	2.911	
Cystine	g	0.291		0.247	0.954	1.274	
Phenylalanine	g	1.014		0.862	3.326	4.438	
Tyrosine	g	0.872		0.741	2.860	3.817	
Valine	g	1.263		1.074	4.143	5.528	
Arginine	g	1.641		1.395	5.382	7.183	
Histidine	g	0.889		0.756	2.916	3.891	
Alanine	g	1.566		1.331	5.136	6.854	
Aspartic acid	g	2.372		2.016	7.780	10.382	
Glutamic acid	g	3.901		3.316	12.795	17.075	
Glycine	g	1.417		1.204	4.648	6.202	
Proline	g	1.147		0.975	3.762	5.020	
Serine	g	0.993		0.844	3.257	4.346	

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%, separable fat 14%	
				1 lb	1 oz		
				= 453.6 g	= 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	73.39	0.248	23 ¹	332.88	20.80	275.94
Food energy	{ kcal kJ	130 542			592 2,459	37 154	490 2,039
Protein (N X6.25)	g	21.11	0.282	24	95.75	5.98	79.37
Total lipid (fat)	g	4.37	0.238	20 ¹	19.84	1.24	16.45
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04	0.013	18	4.71	0.29	3.90
MINERALS:							
Calcium	mg	4	0.119	11	20	1	17
Iron	mg	2.17	0.069	23	9.86	0.62	8.17
Magnesium	mg	24	0.364	23	107	7	88
Phosphorus	mg	210	4.455	12	952	59	789
Potassium	mg	364	5.459	23	1,651	103	1,369
Sodium	mg	62	2.396	23	281	18	233
Zinc	mg	4.86	0.081	19	22.02	1.38	18.25
Copper	mg	0.082	0.002	20	0.372	0.023	0.308
Manganese	mg	0.014			0.064	0.004	0.053
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.117	0.007	23	0.531	0.033	0.440
Riboflavin	mg	0.196	0.007	23	0.889	0.056	0.737
Niacin	mg	3.390	0.171	23	15.377	0.961	12.746
Pantothenic acid	mg	0.354			1.606	0.100	1.331
Vitamin B ₆	mg	0.44			2.00	0.12	1.65
Folacin	mcg	8	0.489	11	35	2	29
Vitamin B ₁₂	mcg	3.22	0.308	22	14.61	0.91	12.11
Vitamin A	{ RE IU	-- --			-- --	-- --	-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.57			7.11	0.44	5.90
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00	0.000	33	0.00	0.00	0.00
12:0	g	0.00	0.000	33	0.00	0.00	0.00
14:0	g	0.10	0.004	33	0.46	0.03	0.37
16:0	g	0.91	0.010	33	4.12	0.25	3.42
18:0	g	0.48	0.014	33	2.17	0.14	1.80
Monounsaturated, total	g	1.84			8.37	0.52	6.94
16:1	g	0.15	0.004	33	0.66	0.04	0.55
18:1	g	1.63	0.012	33	7.40	0.47	6.13
20:1	g	0.00	0.000	27	0.01	0.00	0.01
22:1	g						
Polyunsaturated, total	g	0.22			0.99	0.06	0.83
18:2	g	0.17	0.007	33	0.75	0.04	0.62
18:3	g	0.01	0.001	33	0.04	0.00	0.03
18:4	g						
20:4	g	0.03	0.002	33	0.16	0.01	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60	1.303	21	270	17	224
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.236			1.070	0.067	0.887
Threonine	g	0.922			4.182	0.261	3.467
Isoleucine	g	0.949			4.305	0.269	3.568
Leucine	g	1.669			7.571	0.473	6.275
Lysine	g	1.757			7.970	0.498	6.606
Methionine	g	0.540			2.449	0.153	2.030
Cystine	g	0.236			1.070	0.067	0.887
Phenylalanine	g	0.824			3.738	0.234	3.098
Tyrosine	g	0.709			3.216	0.201	2.666
Valine	g	1.027			4.658	0.291	3.862
Arginine	g	1.334			6.051	0.378	5.016
Histidine	g	0.723			3.280	0.205	2.718
Alanine	g	1.274			5.779	0.361	4.790
Aspartic acid	g	1.929			8.750	0.547	7.253
Glutamic acid	g	3.172			14.388	0.899	11.927
Glycine	g	1.152			5.225	0.327	4.332
Proline	g	0.932			4.228	0.264	3.504
Serine	g	0.807			3.661	0.229	3.034

¹ Standard error of estimate.

¹Standard error of estimate.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%, separable fat 14%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	73.24		332.25	20.76	274.46
Food energy	{ kcal . . . kJ . . .	131 549		593 2,489	38 156	490 2,056
Protein (N X 6.25)	g . . .	21.11		95.75	5.98	79.10
Total lipid (fat)	g . . .	4.55		20.66	1.29	17.06
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		4.71	0.29	3.89
MINERALS:						
Calcium	mg . . .	4		20	1	17
Iron	mg . . .	2.17		9.86	0.62	8.15
Magnesium	mg . . .	24		107	7	88
Phosphorus	mg . . .	210		952	59	786
Potassium	mg . . .	364		1,651	103	1,364
Sodium	mg . . .	62		281	18	232
Zinc	mg . . .	4.86		22.02	1.38	18.19
Copper	mg . . .	0.082		0.372	0.023	0.307
Manganese	mg . . .	0.014		0.064	0.004	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.117		0.531	0.033	0.438
Riboflavin	mg . . .	0.196		0.889	0.056	0.734
Niacin	mg . . .	3.390		15.377	0.961	12.702
Pantothenic acid	mg . . .	0.354		1.606	0.100	1.326
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.65
Folic acid	mcg . . .	8		35	2	29
Vitamin B ₁₂	mcg . . .	3.22		14.61	0.91	12.07
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	1.64		7.42	0.47	6.12
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.00	0.00	0.00
14:0	g . . .	0.11		0.47	0.03	0.39
16:0	g . . .	0.95		4.28	0.27	3.54
18:0	g . . .	0.50		2.25	0.14	1.86
Monounsaturated, total	g . . .	1.92		8.72	0.54	7.20
16:1	g . . .	0.15		0.68	0.04	0.56
18:1	g . . .	1.70		7.70	0.49	6.36
20:1	g . . .	0.00		0.01	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.23		1.04	0.06	0.86
18:2	g . . .	0.17		0.79	0.05	0.65
18:3	g . . .	0.01		0.04	0.00	0.03
18:4	g . . .					
20:4	g . . .	0.03		0.16	0.01	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		270	17	223
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.236		1.070	0.067	0.884
Threonine	g . . .	0.922		4.182	0.261	3.455
Isoleucine	g . . .	0.949		4.305	0.269	3.556
Leucine	g . . .	1.669		7.571	0.473	6.254
Lysine	g . . .	1.757		7.970	0.498	6.583
Methionine	g . . .	0.540		2.449	0.153	2.023
Cystine	g . . .	0.236		1.070	0.067	0.884
Phenylalanine	g . . .	0.824		3.738	0.234	3.088
Tyrosine	g . . .	0.709		3.216	0.201	2.657
Valine	g . . .	1.027		4.658	0.291	3.848
Arginine	g . . .	1.334		6.051	0.378	4.998
Histidine	g . . .	0.723		3.280	0.205	2.709
Alanine	g . . .	1.274		5.779	0.361	4.774
Aspartic acid	g . . .	1.929		8.750	0.547	7.228
Glutamic acid	g . . .	3.172		14.388	0.899	11.885
Glycine	g . . .	1.152		5.225	0.327	4.317
Proline	g . . .	0.932		4.228	0.264	3.492
Serine	g . . .	0.807		3.661	0.229	3.024

AH-8-13 (1985)
NDB No. 13202

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%, separable fat 12%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	73.83		334.92	20.93	281.31
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$. . .	125 522		569 2,379	36 148	478 1,999
Protein (N X 6.25)	g . . .	21.11		95.75	5.98	80.43
Total lipid (fat)	g . . .	3.84		17.42	1.08	14.64
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		4.71	0.29	3.95
MINERALS:						
Calcium	mg . . .	4		20	1	17
Iron	mg . . .	2.17		9.86	0.62	8.28
Magnesium	mg . . .	24		107	7	90
Phosphorus	mg . . .	210		952	59	799
Potassium	mg . . .	364		1,651	103	1,387
Sodium	mg . . .	62		281	18	236
Zinc	mg . . .	4.86		22.02	1.38	18.50
Copper	mg . . .	0.082		0.372	0.023	0.312
Manganese	mg . . .	0.014		0.064	0.004	0.053
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.117		0.531	0.033	0.446
Riboflavin	mg . . .	0.196		0.889	0.056	0.747
Niacin	mg . . .	3.390		15.377	0.961	12.916
Pantothenic acid	mg . . .	0.354		1.606	0.100	1.349
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.68
Folacin	mcg . . .	8		35	2	30
Vitamin B ₁₂	mcg . . .	3.22		14.61	0.91	12.28
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$. . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	1.38		6.24	0.39	5.24
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.00	0.00	0.00
14:0	g . . .	0.08		0.40	0.02	0.33
16:0	g . . .	0.79		3.62	0.23	3.03
18:0	g . . .	0.42		1.90	0.11	1.59
Monounsaturated, total	g . . .	1.62		7.35	0.46	6.17
16:1	g . . .	0.13		0.57	0.03	0.48
18:1	g . . .	1.43		6.48	0.41	5.45
20:1	g . . .	0.00		0.01	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.20		0.88	0.05	0.73
18:2	g . . .	0.15		0.67	0.04	0.55
18:3	g . . .	0.01		0.03	0.00	0.03
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.11
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		270	17	227
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.236		1.070	0.067	0.899
Threonine	g . . .	0.922		4.182	0.261	3.513
Isoleucine	g . . .	0.949		4.305	0.269	3.616
Leucine	g . . .	1.669		7.571	0.473	6.359
Lysine	g . . .	1.757		7.970	0.498	6.694
Methionine	g . . .	0.540		2.449	0.153	2.057
Cystine	g . . .	0.236		1.070	0.067	0.899
Phenylalanine	g . . .	0.824		3.738	0.234	3.139
Tyrosine	g . . .	0.709		3.216	0.201	2.701
Valine	g . . .	1.027		4.658	0.291	3.913
Arginine	g . . .	1.334		6.051	0.378	5.083
Histidine	g . . .	0.723		3.280	0.205	2.755
Alanine	g . . .	1.274		5.779	0.361	4.854
Aspartic acid	g . . .	1.929		8.750	0.547	7.349
Glutamic acid	g . . .	3.172		14.388	0.899	12.085
Glycine	g . . .	1.152		5.225	0.327	4.389
Proline	g . . .	0.932		4.228	0.264	3.551
Serine	g . . .	0.807		3.661	0.229	3.075

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 5%, separable fat 11%
				3 oz = 85 g	1 lb raw AP yields 286 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 63.34			53.84	181.15	241.90
Food energy	{ kcal 183			156	524	700
	{ kJ 767			652	2,192	2,928
Protein (N X6.25)	g 28.71			24.40	82.11	109.64
Total lipid (fat)	g 6.72			5.71	19.22	25.67
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.18			1.00	3.36	4.49
MINERALS:						
Calcium	mg 5			5	16	21
Iron	mg 2.94			2.50	8.41	11.23
Magnesium	mg 27			23	78	105
Phosphorus	mg 242			205	691	922
Potassium	mg 386			328	1,105	1,475
Sodium	mg 65			55	186	248
Zinc	mg 7.07			6.01	20.23	27.01
Copper	mg 0.125			0.106	0.358	0.477
Manganese	mg 0.017			0.014	0.049	0.065
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.098			0.083	0.280	0.374
Riboflavin	mg 0.268			0.228	0.766	1.023
Niacin	mg 3.740			3.179	10.696	14.283
Pantothenic acid	mg 0.470			0.400	1.344	1.795
Vitamin B ₆	mg 0.40			0.34	1.14	1.53
Folic acid	mcg 8			7	23	31
Vitamin B ₁₂	mcg 2.89			2.46	8.28	11.05
Vitamin A	{ RE --			--	--	--
	{ IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 2.46			2.09	7.04	9.40
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.00			0.00	0.01	0.01
12:0	g 0.00			0.00	0.01	0.02
14:0	g 0.17			0.14	0.48	0.64
16:0	g 1.41			1.20	4.03	5.38
18:0	g 0.77			0.65	2.20	2.94
Monounsaturated, total	g 2.77			2.35	7.91	10.57
16:1	g 0.22			0.19	0.63	0.84
18:1	g 2.45			2.08	7.00	9.35
20:1	g 0.00			0.00	0.00	0.00
22:1	g					
Polyunsaturated, total	g 0.27			0.23	0.78	1.04
18:2	g 0.21			0.18	0.61	0.81
18:3	g 0.02			0.02	0.05	0.07
18:4	g					
20:4	g 0.03			0.03	0.09	0.12
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 81			69	232	310
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.322			0.274	0.921	1.230
Threonine	g 1.254			1.066	3.586	4.789
Isoleucine	g 1.291			1.097	3.692	4.930
Leucine	g 2.269			1.929	6.489	8.665
Lysine	g 2.389			2.031	6.833	9.124
Methionine	g 0.735			0.625	2.102	2.807
Cystine	g 0.322			0.274	0.921	1.230
Phenylalanine	g 1.121			0.953	3.206	4.281
Tyrosine	g 0.965			0.820	2.760	3.685
Valine	g 1.397			1.187	3.995	5.335
Arginine	g 1.815			1.543	5.191	6.931
Histidine	g 0.983			0.836	2.811	3.754
Alanine	g 1.732			1.472	4.954	6.615
Aspartic acid	g 2.623			2.230	7.502	10.017
Glutamic acid	g 4.314			3.667	12.338	16.475
Glycine	g 1.567			1.332	4.482	5.984
Proline	g 1.268			1.078	3.626	4.842
Serine	g 1.098			0.933	3.140	4.193

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 5%, separable fat 15%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.92		326.32	20.39	262.01
Food energy	{ kcal . . kJ . . .	146 609		662 2,761	41 172	531 2,217
Protein (N X6 . 25)	g . . .	21.11		95.75	5.98	76.88
Total lipid (fat)	g . . .	6.16		27.92	1.75	22.42
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		4.71	0.29	3.78
MINERALS:						
Calcium	mg . . .	4		20	1	16
Iron	mg . . .	2.17		9.86	0.62	7.92
Magnesium	mg . . .	24		107	7	86
Phosphorus	mg . . .	210		952	59	764
Potassium	mg . . .	364		1,651	103	1,326
Sodium	mg . . .	62		281	18	225
Zinc	mg . . .	4.86		22.02	1.38	17.68
Copper	mg . . .	0.082		0.372	0.023	0.299
Manganese	mg . . .	0.014		0.064	0.004	0.051
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.117		0.531	0.033	0.426
Riboflavin	mg . . .	0.196		0.889	0.056	0.714
Niacin	mg . . .	3.390		15.377	0.961	12.346
Pantothenic acid	mg . . .	0.354		1.606	0.100	1.289
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.60
Folic acid	mcg . . .	8		35	2	28
Vitamin B ₁₂	mcg . . .	3.22		14.61	0.91	11.73
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.21		10.02	0.62	8.01
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.14		0.63	0.04	0.51
16:0	g . . .	1.28		5.79	0.36	4.66
18:0	g . . .	0.68		3.05	0.19	2.45
Monounsaturated, total	g . . .	2.60		11.78	0.73	9.47
16:1	g . . .	0.21		0.93	0.06	0.74
18:1	g . . .	2.30		10.41	0.64	8.35
20:1	g . . .	0.00		0.02	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.32		1.41	0.09	1.14
18:2	g . . .	0.24		1.07	0.07	0.85
18:3	g . . .	0.01		0.05	0.00	0.04
18:4	g . . .					
20:4	g . . .	0.04		0.22	0.01	0.17
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		270	17	217
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.236		1.070	0.067	0.860
Threonine	g . . .	0.922		4.182	0.261	3.358
Isoleucine	g . . .	0.949		4.305	0.269	3.456
Leucine	g . . .	1.669		7.571	0.473	6.078
Lysine	g . . .	1.757		7.970	0.498	6.399
Methionine	g . . .	0.540		2.449	0.153	1.967
Cystine	g . . .	0.236		1.070	0.067	0.860
Phenylalanine	g . . .	0.824		3.738	0.234	3.001
Tyrosine	g . . .	0.709		3.216	0.201	2.582
Valine	g . . .	1.027		4.658	0.291	3.740
Arginine	g . . .	1.334		6.051	0.378	4.858
Histidine	g . . .	0.723		3.280	0.205	2.633
Alanine	g . . .	1.274		5.779	0.361	4.640
Aspartic acid	g . . .	1.929		8.750	0.547	7.025
Glutamic acid	g . . .	3.172		14.388	0.899	11.552
Glycine	g . . .	1.152		5.225	0.327	4.196
Proline	g . . .	0.932		4.228	0.264	3.394
Serine	g . . .	0.807		3.661	0.229	2.939

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 lb raw AP yields 278 g EP	Refuse:Connective tissue 4%, separable fat 15%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	61.10		51.94	169.87	226.69
Food energy	{ kcal kJ	213 893		181 759	593 2,482	792 3,312
Protein (N X6.25)	g	28.71		24.40	79.81	106.51
Total lipid (fat)	g	10.06		8.55	27.98	37.34
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.18		1.00	3.27	4.36
MINERALS:						
Calcium	mg	5		5	15	20
Iron	mg	2.94		2.50	8.17	10.91
Magnesium	mg	27		23	76	102
Phosphorus	mg	242		205	671	896
Potassium	mg	386		328	1,074	1,433
Sodium	mg	65		55	181	241
Zinc	mg	7.07		6.01	19.66	26.24
Copper	mg	0.125		0.106	0.348	0.464
Manganese	mg	0.017		0.014	0.047	0.063
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.098		0.083	0.272	0.364
Riboflavin	mg	0.268		0.228	0.745	0.994
Niacin	mg	3.740		3.179	10.397	13.875
Pantothenic acid	mg	0.470		0.400	1.307	1.744
Vitamin B6	mg	0.40		0.34	1.11	1.48
Folacin	mcg	8		7	22	30
Vitamin B12	mcg	2.89		2.46	8.05	10.74
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.69		3.13	10.25	13.68
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.01	0.01
12:0	g	0.01		0.01	0.02	0.02
14:0	g	0.25		0.21	0.70	0.93
16:0	g	2.11		1.79	5.87	7.83
18:0	g	1.15		0.98	3.21	4.28
Monounsaturated, total	g	4.14		3.52	11.52	15.37
16:1	g	0.33		0.28	0.91	1.22
18:1	g	3.66		3.11	10.19	13.59
20:1	g	0.00		0.00	0.00	0.00
22:1	g					
Polyunsaturated, total	g	0.41		0.35	1.14	1.52
18:2	g	0.32		0.27	0.89	1.19
18:3	g	0.03		0.02	0.08	0.10
18:4	g					
20:4	g	0.05		0.04	0.13	0.18
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	81		69	225	301
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.322		0.274	0.895	1.195
Threonine	g	1.254		1.066	3.486	4.652
Isoleucine	g	1.291		1.097	3.589	4.790
Leucine	g	2.269		1.929	6.308	8.418
Lysine	g	2.389		2.031	6.641	8.863
Methionine	g	0.735		0.625	2.043	2.727
Cystine	g	0.322		0.274	0.895	1.195
Phenylalanine	g	1.121		0.953	3.116	4.159
Tyrosine	g	0.965		0.820	2.683	3.580
Valine	g	1.397		1.187	3.884	5.183
Arginine	g	1.815		1.543	5.046	6.734
Histidine	g	0.983		0.836	2.733	3.647
Alanine	g	1.732		1.472	4.815	6.426
Aspartic acid	g	2.623		2.230	7.292	9.731
Glutamic acid	g	4.314		3.667	11.993	16.005
Glycine	g	1.567		1.332	4.356	5.814
Proline	g	1.268		1.078	3.525	4.704
Serine	g	1.098		0.933	3.052	4.074

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	68.41		310.30	19.39	305.04
Food energy	{ kcal	172		780	49	767
	{ kJ	719		3,263	204	3,208
Protein (N X 6.25)	g	21.76		98.68	6.17	97.01
Total lipid (fat)	g	8.76		39.75	2.48	39.08
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.04		4.73	0.30	4.65
MINERALS:						
Calcium	mg	4		17	1	17
Iron	mg	2.00		9.05	0.57	8.90
Magnesium	mg	23		106	7	104
Phosphorus	mg	208		945	59	929
Potassium	mg	361		1,636	102	1,608
Sodium	mg	50		227	14	223
Zinc	mg	2.74		12.42	0.78	12.21
Copper	mg	0.078		0.354	0.022	0.348
Manganese	mg	0.014		0.064	0.004	0.062
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.095		0.431	0.027	0.424
Riboflavin	mg	0.179		0.812	0.051	0.798
Niacin	mg	4.154		18.843	1.178	18.523
Pantothenic acid	mg	0.345		1.565	0.098	1.538
Vitamin B ₆	mg	0.49		2.21	0.14	2.17
Folic acid	mcg	9		40	2	39
Vitamin B ₁₂	mcg	2.74		12.42	0.78	12.21
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.64		16.53	1.03	16.25
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.10	0.01	0.10
12:0	g	0.01		0.06	0.00	0.06
14:0	g	0.25		1.14	0.07	1.12
16:0	g	2.05		9.31	0.58	9.15
18:0	g	1.03		4.68	0.29	4.60
Monounsaturated, total	g	3.81		17.28	1.08	16.98
16:1	g	0.40		1.80	0.11	1.77
18:1	g	3.25		14.74	0.92	14.49
20:1	g	0.01		0.05	0.00	0.05
22:1	g					
Polyunsaturated, total	g	0.35		1.61	0.10	1.58
18:2	g	0.24		1.07	0.07	1.05
18:3	g	0.08		0.38	0.02	0.37
18:4	g					
20:4	g	0.03		0.12	0.01	0.12
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	60		273	17	268
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.244		1.107	0.069	1.088
Threonine	g	0.950		4.309	0.269	4.236
Isoleucine	g	0.978		4.436	0.277	4.361
Leucine	g	1.720		7.802	0.488	7.669
Lysine	g	1.810		8.210	0.513	8.071
Methionine	g	0.557		2.527	0.158	2.484
Cystine	g	0.244		1.107	0.069	1.088
Phenylalanine	g	0.849		3.851	0.241	3.786
Tyrosine	g	0.731		3.316	0.207	3.260
Valine	g	1.058		4.799	0.300	4.718
Arginine	g	1.375		6.237	0.390	6.131
Histidine	g	0.745		3.379	0.211	3.322
Alanine	g	1.312		5.951	0.372	5.850
Aspartic acid	g	1.988		9.018	0.564	8.864
Glutamic acid	g	3.269		14.828	0.927	14.576
Glycine	g	1.187		5.384	0.337	5.293
Proline	g	0.961		4.359	0.272	4.285
Serine	g	0.832		3.774	0.236	3.710

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 1%
				3 oz = 85 g	1 lb raw AP yields 332 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	59.19		50.31	196.50	265.81
Food energy	{ kcal . . . kJ . . .	211 883		179 751	701 2,933	948 3,968
Protein (N X6, 25)	g . . .	30.83		26.21	102.36	138.46
Total lipid (fat)	g . . .	8.82		7.49	29.27	39.59
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.34		1.14	4.46	6.04
MINERALS:						
Calcium	mg . . .	6		5	21	28
Iron	mg . . .	2.81		2.39	9.32	12.61
Magnesium	mg . . .	30		26	100	135
Phosphorus	mg . . .	239		203	795	1,075
Potassium	mg . . .	429		365	1,424	1,926
Sodium	mg . . .	60		51	199	269
Zinc	mg . . .	5.40		4.59	17.92	24.25
Copper	mg . . .	0.121		0.103	0.402	0.543
Manganese	mg . . .	0.016		0.014	0.053	0.072
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.114		0.097	0.378	0.512
Riboflavin	mg . . .	0.260		0.221	0.863	1.168
Niacin	mg . . .	5.853		4.975	19.432	26.286
Pantothenic acid	mg . . .	0.475		0.404	1.577	2.133
Vitamin B ₆	mg . . .	0.54		0.46	1.81	2.44
Folacin	mcg . . .	12		10	38	52
Vitamin B ₁₂	mcg . . .	2.44		2.08	8.11	10.97
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.29		2.80	10.93	14.78
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.01	0.04	0.05
12:0	g . . .	0.01		0.01	0.04	0.05
14:0	g . . .	0.23		0.19	0.76	1.02
16:0	g . . .	1.93		1.64	6.42	8.68
18:0	g . . .	0.96		0.82	3.19	4.32
Monounsaturated, total	g . . .	3.63		3.08	12.04	16.29
16:1	g . . .	0.31		0.26	1.03	1.40
18:1	g . . .	3.18		2.70	10.54	14.26
20:1	g . . .	0.01		0.01	0.02	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.39		0.33	1.28	1.74
18:2	g . . .	0.27		0.23	0.88	1.19
18:3	g . . .	0.06		0.05	0.20	0.26
18:4	g . . .					
20:4	g . . .	0.04		0.04	0.14	0.19
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	85		72	281	380
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.345		0.293	1.145	1.549
Threonine	g . . .	1.346		1.144	4.469	6.045
Isoleucine	g . . .	1.386		1.178	4.602	6.225
Leucine	g . . .	2.436		2.071	8.088	10.940
Lysine	g . . .	2.565		2.180	8.516	11.519
Methionine	g . . .	0.789		0.671	2.619	3.543
Cystine	g . . .	0.345		0.293	1.145	1.549
Phenylalanine	g . . .	1.203		1.023	3.994	5.403
Tyrosine	g . . .	1.036		0.881	3.440	4.653
Valine	g . . .	1.499		1.274	4.977	6.732
Arginine	g . . .	1.948		1.656	6.467	8.748
Histidine	g . . .	1.055		0.897	3.503	4.738
Alanine	g . . .	1.859		1.580	6.172	8.349
Aspartic acid	g . . .	2.816		2.394	9.349	12.647
Glutamic acid	g . . .	4.631		3.936	15.375	20.798
Glycine	g . . .	1.682		1.430	5.584	7.554
Proline	g . . .	1.361		1.157	4.519	6.112
Serine	g . . .	1.179		1.002	3.914	5.295

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	68.27		309.69	19.36	304.70
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	174 727		788 3,298	49 206	776 3,245
Protein (N X 6.25)	g . . .	21.76		98.68	6.17	97.09
Total lipid (fat)	g . . .	8.97		40.68	2.54	40.03
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		4.73	0.30	4.65
MINERALS:						
Calcium	mg . . .	4		17	1	17
Iron	mg . . .	2.00		9.05	0.57	8.90
Magnesium	mg . . .	23		106	7	104
Phosphorus	mg . . .	208		945	59	930
Potassium	mg . . .	361		1,636	102	1,610
Sodium	mg . . .	50		227	14	223
Zinc	mg . . .	2.74		12.42	0.78	12.22
Copper	mg . . .	0.078		0.354	0.022	0.348
Manganese	mg . . .	0.014		0.064	0.004	0.062
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.095		0.431	0.027	0.424
Riboflavin	mg . . .	0.179		0.812	0.051	0.799
Niacin	mg . . .	4.154		18.843	1.178	18.539
Pantothenic acid	mg . . .	0.345		1.565	0.098	1.540
Vitamin B ₆	mg . . .	0.49		2.21	0.14	2.17
Folic acid	mcg . . .	9		40	2	39
Vitamin B ₁₂	mcg . . .	2.74		12.42	0.78	12.22
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.72		16.86	1.05	16.59
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.10	0.01	0.10
12:0	g . . .	0.01		0.06	0.00	0.06
14:0	g . . .	0.26		1.17	0.07	1.15
16:0	g . . .	2.10		9.50	0.59	9.35
18:0	g . . .	1.05		4.78	0.30	4.70
Monounsaturated, total	g . . .	3.89		17.64	1.10	17.36
16:1	g . . .	0.40		1.82	0.11	1.79
18:1	g . . .	3.32		15.07	0.94	14.83
20:1	g . . .	0.01		0.05	0.00	0.05
22:1	g . . .					
Polyunsaturated, total	g . . .	0.36		1.65	0.10	1.62
18:2	g . . .	0.24		1.10	0.07	1.08
18:3	g . . .	0.08		0.38	0.02	0.37
18:4	g . . .					
20:4	g . . .	0.03		0.13	0.01	0.12
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		273	17	268
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.244		1.107	0.069	1.089
Threonine	g . . .	0.950		4.309	0.269	4.240
Isoleucine	g . . .	0.978		4.436	0.277	4.365
Leucine	g . . .	1.720		7.802	0.488	7.676
Lysine	g . . .	1.810		8.210	0.513	8.078
Methionine	g . . .	0.557		2.527	0.158	2.486
Cystine	g . . .	0.244		1.107	0.069	1.089
Phenylalanine	g . . .	0.849		3.851	0.241	3.789
Tyrosine	g . . .	0.731		3.316	0.207	3.262
Valine	g . . .	1.058		4.799	0.300	4.722
Arginine	g . . .	1.375		6.237	0.390	6.137
Histidine	g . . .	0.745		3.379	0.211	3.325
Alanine	g . . .	1.312		5.951	0.372	5.855
Aspartic acid	g . . .	1.988		9.018	0.564	8.872
Glutamic acid	g . . .	3.269		14.828	0.927	14.590
Glycine	g . . .	1.187		5.384	0.337	5.298
Proline	g . . .	0.961		4.359	0.272	4.289
Serine	g . . .	0.832		3.774	0.236	3.713

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 1%
				3 oz = 85 g	1 lb raw AP yields 333 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	59.18		50.30	197.05	265.75
Food energy	{ kcal . . . kJ . . .	213 891		181 757	709 2,968	957 4,002
Protein (N X6.25)	g . . .	30.85		26.22	102.74	138.56
Total lipid (fat)	g . . .	9.01		7.66	30.00	40.45
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.35		1.14	4.48	6.04
MINERALS:						
Calcium	mg . . .	6		5	21	28
Iron	mg . . .	2.81		2.39	9.35	12.61
Magnesium	mg . . .	30		26	101	136
Phosphorus	mg . . .	239		204	797	1,076
Potassium	mg . . .	429		365	1,429	1,928
Sodium	mg . . .	60		51	200	269
Zinc	mg . . .	5.40		4.59	17.99	24.26
Copper	mg . . .	0.121		0.103	0.403	0.543
Manganese	mg . . .	0.016		0.014	0.053	0.072
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.114		0.097	0.380	0.512
Riboflavin	mg . . .	0.260		0.221	0.866	1.168
Niacin	mg . . .	5.857		4.978	19.504	26.304
Pantothenic acid	mg . . .	0.475		0.404	1.582	2.133
Vitamin B ₆	mg . . .	0.55		0.46	1.81	2.45
Folic acid	mcg . . .	12		10	38	52
Vitamin B ₁₂	mcg . . .	2.44		2.08	8.14	10.97
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.36		2.85	11.17	15.07
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.01	0.04	0.05
12:0	g . . .	0.01		0.01	0.04	0.05
14:0	g . . .	0.23		0.20	0.77	1.04
16:0	g . . .	1.97		1.67	6.56	8.84
18:0	g . . .	0.98		0.84	3.27	4.41
Monounsaturated, total	g . . .	3.70		3.14	12.31	16.60
16:1	g . . .	0.32		0.27	1.05	1.42
18:1	g . . .	3.24		2.75	10.79	14.55
20:1	g . . .	0.01		0.01	0.02	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.40		0.34	1.32	1.78
18:2	g . . .	0.27		0.23	0.91	1.22
18:3	g . . .	0.06		0.05	0.20	0.26
18:4	g . . .					
20:4	g . . .	0.04		0.04	0.14	0.19
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	85		72	282	380
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.346		0.294	1.152	1.554
Threonine	g . . .	1.348		1.146	4.489	6.054
Isoleucine	g . . .	1.387		1.179	4.619	6.229
Leucine	g . . .	2.438		2.072	8.119	10.949
Lysine	g . . .	2.567		2.182	8.548	11.528
Methionine	g . . .	0.790		0.672	2.631	3.548
Cystine	g . . .	0.346		0.294	1.152	1.554
Phenylalanine	g . . .	1.204		1.023	4.009	5.407
Tyrosine	g . . .	1.037		0.881	3.453	4.657
Valine	g . . .	1.501		1.276	4.998	6.741
Arginine	g . . .	1.950		1.658	6.494	8.757
Histidine	g . . .	1.056		0.898	3.516	4.742
Alanine	g . . .	1.861		1.582	6.197	8.358
Aspartic acid	g . . .	2.818		2.395	9.384	12.656
Glutamic acid	g . . .	4.635		3.940	15.435	20.816
Glycine	g . . .	1.683		1.431	5.604	7.558
Proline	g . . .	1.362		1.158	4.535	6.117
Serine	g . . .	1.180		1.003	3.929	5.299

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%
				3 oz = 85 g	1 lb raw AP yields 283 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	50.41		42.85	142.65	227.49
Food energy	{ kcal kJ	290 1,212		246 1,030	819 3,429	1,307 5,468
Protein (N X6.25)	g	31.70		26.94	89.69	143.04
Total lipid (fat)	g	17.10		14.53	48.38	77.16
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.39		1.18	3.91	6.25
MINERALS:						
Calcium	mg	6		5	18	29
Iron	mg	2.86		2.43	8.09	12.91
Magnesium	mg	31		26	86	139
Phosphorus	mg	262		223	742	1,184
Potassium	mg	459		390	1,298	2,070
Sodium	mg	67		57	188	301
Zinc	mg	4.18		3.55	11.81	18.84
Copper	mg	0.125		0.106	0.353	0.564
Manganese	mg	0.018		0.015	0.050	0.081
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.101		0.086	0.285	0.456
Riboflavin	mg	0.252		0.214	0.713	1.137
Niacin	mg	4.938		4.197	13.974	22.285
Pantothenic acid	mg	0.415		0.353	1.174	1.873
Vitamin B ₆	mg	0.55		0.46	1.54	2.46
Folic acid	mcg	11		10	32	52
Vitamin B ₁₂	mcg	3.18		2.70	9.00	14.36
Vitamin A	{ RE IU	-- -- --		-- -- --	-- -- --	-- -- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.52		5.54	18.44	29.41
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.03	0.10	0.17
12:0	g	0.04		0.03	0.09	0.16
14:0	g	0.46		0.39	1.28	2.05
16:0	g	3.84		3.26	10.86	17.33
18:0	g	1.88		1.60	5.31	8.48
Monounsaturated, total	g	8.04		6.83	22.73	36.26
16:1	g	0.60		0.51	1.70	2.73
18:1	g	6.50		5.52	18.38	29.31
20:1	g	0.02		0.02	0.35	0.10
22:1	g					
Polyunsaturated, total	g	1.11		0.94	3.14	5.01
18:2	g	0.86		0.73	2.43	3.88
18:3	g	0.19		0.16	0.53	0.85
18:4	g					
20:4	g	0.04		0.03	0.11	0.18
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	97		82	274	438
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.355		0.302	1.004	1.602
Threonine	g	1.384		1.176	3.916	6.246
Isoleucine	g	1.425		1.211	4.032	6.431
Leucine	g	2.505		2.129	7.089	11.305
Lysine	g	2.636		2.241	7.459	11.896
Methionine	g	0.811		0.689	2.295	3.660
Cystine	g	0.355		0.302	1.004	1.602
Phenylalanine	g	1.237		1.051	3.500	5.583
Tyrosine	g	1.065		0.905	3.013	4.806
Valine	g	1.541		1.310	4.361	6.955
Arginine	g	2.003		1.703	5.668	9.040
Histidine	g	1.085		0.922	3.070	4.897
Alanine	g	1.911		1.624	5.408	8.624
Aspartic acid	g	2.895		2.461	8.192	13.065
Glutamic acid	g	4.761		4.047	13.473	21.486
Glycine	g	1.729		1.470	4.893	7.803
Proline	g	1.399		1.189	3.959	6.314
Serine	g	1.212		1.030	3.429	5.470

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	68.92		312.61	19.54	307.31
Food energy	{ kcal . . . kJ . . .	165 692		750 3,137	47 196	737 3,084
Protein (N X 6.25)	g . . .	21.78		98.81	6.18	97.13
Total lipid (fat)	g . . .	8.01		36.35	2.27	35.73
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		4.74	0.30	4.66
MINERALS:						
Calcium	mg . . .	4		17	1	17
Iron	mg . . .	2.00		9.06	0.57	8.91
Magnesium	mg . . .	23		106	7	104
Phosphorus	mg . . .	209		946	59	930
Potassium	mg . . .	361		1,639	102	1,611
Sodium	mg . . .	50		227	14	223
Zinc	mg . . .	2.74		12.44	0.78	12.23
Copper	mg . . .	0.078		0.354	0.022	0.348
Manganese	mg . . .	0.014		0.064	0.004	0.062
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.095		0.431	0.027	0.424
Riboflavin	mg . . .	0.179		0.812	0.051	0.798
Niacin	mg . . .	4.160		18.870	1.179	18.549
Pantothenic acid	mg . . .	0.345		1.565	0.098	1.538
Vitamin B ₆	mg . . .	0.49		2.21	0.14	2.18
Folic acid	mcg . . .	9		40	2	39
Vitamin B ₁₂	mcg . . .	2.74		12.43	0.78	12.22
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.36		15.24	0.95	14.98
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.10	0.01	0.09
12:0	g . . .	0.01		0.06	0.00	0.06
14:0	g . . .	0.23		1.06	0.07	1.04
16:0	g . . .	1.89		8.56	0.53	8.41
18:0	g . . .	0.95		4.30	0.27	4.22
Monounsaturated, total	g . . .	3.49		15.85	0.99	15.58
16:1	g . . .	0.37		1.67	0.10	1.64
18:1	g . . .	2.98		13.50	0.84	13.27
20:1	g . . .	0.01		0.05	0.00	0.04
22:1	g . . .					
Polyunsaturated, total	g . . .	0.32		1.45	0.09	1.43
18:2	g . . .	0.21		0.96	0.06	0.94
18:3	g . . .	0.08		0.36	0.02	0.36
18:4	g . . .					
20:4	g . . .	0.02		0.10	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	60		272	17	268
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.244		1.107	0.069	1.088
Threonine	g . . .	0.951		4.314	0.270	4.241
Isoleucine	g . . .	0.979		4.441	0.278	4.365
Leucine	g . . .	1.722		7.811	0.488	7.678
Lysine	g . . .	1.812		8.219	0.514	8.080
Methionine	g . . .	0.558		2.531	0.158	2.488
Cystine	g . . .	0.244		1.107	0.069	1.088
Phenylalanine	g . . .	0.850		3.856	0.241	3.790
Tyrosine	g . . .	0.732		3.320	0.208	3.264
Valine	g . . .	1.059		4.804	0.300	4.722
Arginine	g . . .	1.377		6.246	0.390	6.140
Histidine	g . . .	0.746		3.384	0.211	3.326
Alanine	g . . .	1.314		5.960	0.373	5.859
Aspartic acid	g . . .	1.990		9.027	0.564	8.873
Glutamic acid	g . . .	3.272		14.842	0.928	14.590
Glycine	g . . .	1.188		5.389	0.337	5.297
Proline	g . . .	0.962		4.364	0.273	4.290
Serine	g . . .	0.833		3.778	0.236	3.714

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%
				3 oz = 85 g	1 lb raw AP yields 332 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	59.14		50.27	196.34	265.30
Food energy	{ kcal . . . kJ . . .	207 865		176 735	686 2,871	927 3,879
Protein (N X 6.25)	g . . .	30.73		26.12	102.01	137.83
Total lipid (fat)	g . . .	8.37		7.11	27.79	37.55
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.34		1.14	4.45	6.01
MINERALS:						
Calcium	mg . . .	6		5	21	28
Iron	mg . . .	2.80		2.38	9.29	12.55
Magnesium	mg . . .	30		26	100	135
Phosphorus	mg . . .	238		203	792	1,070
Potassium	mg . . .	427		363	1,419	1,917
Sodium	mg . . .	60		51	199	268
Zinc	mg . . .	5.38		4.57	17.85	24.13
Copper	mg . . .	0.121		0.103	0.402	0.543
Manganese	mg . . .	0.016		0.014	0.053	0.072
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.114		0.097	0.378	0.511
Riboflavin	mg . . .	0.259		0.220	0.860	1.162
Niacin	mg . . .	5.830		4.956	19.356	26.153
Pantothenic acid	mg . . .	0.473		0.402	1.570	2.122
Vitamin B ₆	mg . . .	0.54		0.46	1.80	2.43
Folic acid	mcg . . .	11		10	38	51
Vitamin B ₁₂	mcg . . .	2.44		2.07	8.09	10.94
Vitamin A	{ RE . . . IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.16		2.69	10.49	14.18
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.01		0.01	0.04	0.06
12:0	g . . .	0.01		0.01	0.04	0.05
14:0	g . . .	0.22		0.19	0.74	1.00
16:0	g . . .	1.86		1.58	6.18	8.34
18:0	g . . .	0.92		0.78	3.04	4.10
Monounsaturated, total	g . . .	3.47		2.95	11.52	15.57
16:1	g . . .	0.30		0.26	1.00	1.35
18:1	g . . .	3.03		2.58	10.07	13.60
20:1	g . . .	0.01		0.01	0.02	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.36		0.31	1.21	1.63
18:2	g . . .	0.25		0.21	0.82	1.10
18:3	g . . .	0.06		0.05	0.21	0.28
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.12	0.16
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	85		72	281	380
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.344		0.292	1.142	1.543
Threonine	g . . .	1.342		1.141	4.455	6.020
Isoleucine	g . . .	1.381		1.174	4.585	6.195
Leucine	g . . .	2.429		2.065	8.064	10.896
Lysine	g . . .	2.556		2.173	8.486	11.466
Methionine	g . . .	0.787		0.669	2.613	3.530
Cystine	g . . .	0.344		0.292	1.142	1.543
Phenylalanine	g . . .	1.200		1.020	3.984	5.383
Tyrosine	g . . .	1.032		0.877	3.426	4.630
Valine	g . . .	1.494		1.270	4.960	6.702
Arginine	g . . .	1.942		1.651	6.447	8.712
Histidine	g . . .	1.052		0.894	3.493	4.719
Alanine	g . . .	1.853		1.575	6.152	8.313
Aspartic acid	g . . .	2.807		2.386	9.319	12.592
Glutamic acid	g . . .	4.616		3.924	15.325	20.707
Glycine	g . . .	1.676		1.425	5.564	7.519
Proline	g . . .	1.357		1.153	4.505	6.088
Serine	g . . .	1.175		0.999	3.901	5.271

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	67.26		305.09	19.07	300.78
Food energy	{ kcal kJ	188 788		854 3,575	53 223	842 3,525
Protein (N X 6.25)	g	21.81		98.94	6.18	97.55
Total lipid (fat)	g	10.56		47.89	2.99	47.22
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.05		4.74	0.30	4.67
MINERALS:						
Calcium	mg	4		17	1	17
Iron	mg	2.00		9.07	0.57	8.94
Magnesium	mg	23		106	7	105
Phosphorus	mg	209		948	59	934
Potassium	mg	362		1,642	103	1,619
Sodium	mg	50		227	14	224
Zinc	mg	2.75		12.46	0.78	12.28
Copper	mg	0.078		0.354	0.022	0.349
Manganese	mg	0.014		0.064	0.004	0.063
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.096		0.435	0.027	0.429
Riboflavin	mg	0.180		0.816	0.051	0.805
Niacin	mg	4.166		18.897	1.181	18.630
Pantothenic acid	mg	0.346		1.569	0.098	1.547
Vitamin B ₆	mg	0.49		2.22	0.14	2.19
Folic acid	mcg	9		40	2	39
Vitamin B ₁₂	mcg	2.74		12.44	0.78	12.27
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	4.28		19.41	1.21	19.14
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.10	0.01	0.09
12:0	g	0.02		0.07	0.00	0.07
14:0	g	0.29		1.31	0.08	1.29
16:0	g	2.42		11.00	0.69	10.84
18:0	g	1.22		5.55	0.35	5.47
Monounsaturated, total	g	4.52		20.51	1.28	20.22
16:1	g	0.45		2.03	0.13	2.00
18:1	g	3.89		17.63	1.10	17.38
20:1	g	0.01		0.05	0.00	0.05
22:1	g					
Polyunsaturated, total	g	0.44		2.00	0.13	1.98
18:2	g	0.30		1.37	0.09	1.36
18:3	g	0.08		0.38	0.02	0.38
18:4	g					
20:4	g	0.04		0.19	0.01	0.18
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	60		272	17	268
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.244		1.107	0.069	1.091
Threonine	g	0.953		4.323	0.270	4.262
Isoleucine	g	0.981		4.450	0.278	4.387
Leucine	g	1.724		7.820	0.489	7.710
Lysine	g	1.815		8.233	0.515	8.117
Methionine	g	0.558		2.531	0.158	2.495
Cystine	g	0.244		1.107	0.069	1.091
Phenylalanine	g	0.852		3.865	0.242	3.810
Tyrosine	g	0.733		3.325	0.208	3.278
Valine	g	1.061		4.813	0.301	4.745
Arginine	g	1.379		6.255	0.391	6.167
Histidine	g	0.747		3.388	0.212	3.341
Alanine	g	1.316		5.969	0.373	5.885
Aspartic acid	g	1.993		9.040	0.565	8.913
Glutamic acid	g	3.277		14.864	0.929	14.655
Glycine	g	1.190		5.398	0.337	5.322
Proline	g	0.963		4.368	0.273	4.307
Serine	g	0.834		3.783	0.236	3.730

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%
				3 oz = 85 g	1 lb raw AP yields 331 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	58.43			49.66	193.39	261.05
Food energy { kcal . .	237			201	783	1,057
{ kJ . . .	990			842	3,277	4,424
Protein (N X 6.25) g . . .	30.73			26.12	101.70	137.28
Total lipid (fat) g . . .	11.69			9.94	38.70	52.24
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.34			1.14	4.44	5.99
MINERALS:						
Calcium mg . . .	6			5	21	28
Iron mg . . .	2.80			2.38	9.26	12.50
Magnesium mg . . .	30			26	99	134
Phosphorus mg . . .	238			203	789	1,065
Potassium mg . . .	427			363	1,414	1,909
Sodium mg . . .	60			51	198	267
Zinc mg . . .	5.38			4.57	17.80	24.03
Copper mg . . .	0.121			0.103	0.401	0.541
Manganese mg . . .	0.016			0.014	0.053	0.071
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.114			0.097	0.377	0.509
Riboflavin mg . . .	0.259			0.220	0.857	1.157
Niacin mg . . .	5.830			4.956	19.297	26.048
Pantothenic acid mg . . .	0.473			0.402	1.566	2.113
Vitamin B ₆ mg . . .	0.54			0.46	1.79	2.42
Folic acid mcg . . .	11			10	38	51
Vitamin B ₁₂ mcg . . .	2.44			2.07	8.07	10.89
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	4.32			3.67	14.31	19.32
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.01			0.01	0.05	0.06
12:0 g . . .	0.01			0.01	0.04	0.06
14:0 g . . .	0.30			0.25	0.98	1.32
16:0 g . . .	2.54			2.15	8.39	11.33
18:0 g . . .	1.27			1.08	4.22	5.69
Monounsaturated, total g . . .	4.78			4.06	15.81	21.33
16:1 g . . .	0.40			0.34	1.34	1.81
18:1 g . . .	4.19			3.56	13.87	18.72
20:1 g . . .	0.01			0.01	0.02	0.03
22:1 g . . .						
Polyunsaturated, total g . . .	0.52			0.44	1.72	2.32
18:2 g . . .	0.36			0.30	1.18	1.60
18:3 g . . .	0.07			0.06	0.24	0.32
18:4 g . . .						
20:4 g . . .	0.06			0.05	0.20	0.27
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	85			72	281	379
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.344			0.292	1.139	1.537
Threonine g . . .	1.342			1.141	4.442	5.996
Isoleucine g . . .	1.381			1.174	4.571	6.170
Leucine g . . .	2.429			2.065	8.040	10.853
Lysine g . . .	2.556			2.173	8.460	11.420
Methionine g . . .	0.787			0.669	2.605	3.516
Cystine g . . .	0.344			0.292	1.139	1.537
Phenylalanine g . . .	1.200			1.020	3.972	5.362
Tyrosine g . . .	1.032			0.877	3.416	4.611
Valine g . . .	1.494			1.270	4.945	6.675
Arginine g . . .	1.942			1.651	6.428	8.677
Histidine g . . .	1.052			0.894	3.482	4.700
Alanine g . . .	1.853			1.575	6.133	8.279
Aspartic acid g . . .	2.807			2.386	9.291	12.542
Glutamic acid g . . .	4.616			3.924	15.279	20.624
Glycine g . . .	1.676			1.425	5.548	7.488
Proline g . . .	1.357			1.153	4.492	6.063
Serine g . . .	1.175			0.999	3.889	5.250

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%, separable fat 7%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	72.09	0.187	22 ¹	327.01	20.44	298.54
Food energy { kcal . . .	134			606	38	553
{ kJ . . .	559			2,534	158	2,314
Protein (N X6.25) g . . .	22.79	0.205	37	103.38	6.46	94.38
Total lipid (fat) g . . .	4.02	0.145	19 ¹	18.22	1.14	16.63
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.10	0.015	28	4.99	0.31	4.56
MINERALS:						
Calcium mg . . .	3	0.095	83	15	1	13
Iron mg . . .	2.09	0.037	96	9.48	0.59	8.66
Magnesium mg . . .	25	0.180	95	113	7	103
Phosphorus mg . . .	219	4.454	13	994	62	907
Potassium mg . . .	383	2.748	112	1,738	109	1,587
Sodium mg . . .	52	0.990	109	234	15	214
Zinc mg . . .	2.87	0.062	92	13.03	0.81	11.89
Copper mg . . .	0.082	0.002	92	0.372	0.023	0.340
Manganese mg . . .	0.014			0.064	0.004	0.058
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.100	0.004	55	0.454	0.028	0.414
Riboflavin mg . . .	0.188	0.003	50	0.853	0.053	0.779
Niacin mg . . .	4.364	0.207	28	19.795	1.237	18.071
Pantothenic acid mg . . .	0.361	0.026	8	1.637	0.102	1.495
Vitamin B ₆ mg . . .	0.51	0.027	4	2.32	0.15	2.12
Folacin mcg . . .	9	0.716	19	42	3	38
Vitamin B ₁₂ mcg . . .	2.84	0.290	29	12.86	0.80	11.74
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	1.46			6.63	0.41	6.05
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.00	0.000	19	0.00	0.00	0.00
12:0 g . . .	0.00	0.000	19	0.00	0.00	0.00
14:0 g . . .	0.09	0.003	21	0.40	0.03	0.37
16:0 g . . .	0.85	0.014	21	3.87	0.24	3.54
18:0 g . . .	0.44	0.015	21	1.99	0.12	1.81
Monounsaturated, total g . . .	1.63			7.38	0.46	6.74
16:1 g . . .	0.13	0.005	21	0.59	0.04	0.54
18:1 g . . .	1.44	0.020	21	6.53	0.41	5.96
20:1 g . . .	0.00	0.001	16	0.02	0.00	0.02
22:1 g . . .						
Polyunsaturated, total g . . .	0.19			0.85	0.05	0.77
18:2 g . . .	0.14	0.007	20	0.64	0.04	0.58
18:3 g . . .	0.01	0.001	21	0.04	0.00	0.04
18:4 g . . .						
20:4 g . . .	0.03	0.004	19	0.13	0.01	0.12
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	57	1.101	23	259	16	237
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.255			1.157	0.072	1.056
Threonine g . . .	0.996			4.518	0.282	4.124
Isoleucine g . . .	1.025			4.649	0.291	4.245
Leucine g . . .	1.802			8.174	0.511	7.462
Lysine g . . .	1.896			8.600	0.538	7.851
Methionine g . . .	0.584			2.649	0.166	2.418
Cystine g . . .	0.255			1.157	0.072	1.056
Phenylalanine g . . .	0.890			4.037	0.252	3.685
Tyrosine g . . .	0.766			3.475	0.217	3.172
Valine g . . .	1.109			5.030	0.314	4.592
Arginine g . . .	1.441			6.536	0.409	5.967
Histidine g . . .	0.780			3.538	0.221	3.230
Alanine g . . .	1.375			6.237	0.390	5.694
Aspartic acid g . . .	2.082			9.444	0.590	8.622
Glutamic acid g . . .	3.425			15.536	0.971	14.183
Glycine g . . .	1.244			5.643	0.353	5.151
Proline g . . .	1.007			4.568	0.285	4.170
Serine g . . .	0.872			3.955	0.247	3.611

¹Standard error of estimate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%, separable fat 4%	
				3 oz = 85 g	1 lb raw AP yields 319 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water g . . .	60.92	0.645	11 ¹	51.79	194.35	262.28	
Food energy kcal . . .	191			162	610	823	
Food energy kJ . . .	800			680	2,551	3,443	
Protein (N X6.25) g . . .	31.69	0.668	18	26.94	101.10	136.44	
Total lipid (fat) g . . .	6.19	0.456	8 ¹	5.26	19.73	26.63	
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00	
Crude fiber g . . .	0.00			0.00	0.00	0.00	
Ash g . . .	1.38	0.031	18	1.18	4.41	5.95	
MINERALS:							
Calcium mg . . .	6	0.411	9	5	19	26	
Iron mg . . .	2.88	0.147	9	2.45	9.19	12.41	
Magnesium mg . . .	31	0.838	9	27	99	134	
Phosphorus mg . . .	246			209	786	1,060	
Potassium mg . . .	442	11.085	9	376	1,411	1,904	
Sodium mg . . .	61	4.884	9	52	194	261	
Zinc mg . . .	5.57	0.315	8	4.73	17.77	23.98	
Copper mg . . .	0.123	0.005	8	0.105	0.392	0.530	
Manganese mg . . .	0.017			0.014	0.054	0.073	
VITAMINS:							
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0	
Thiamin mg . . .	0.118	0.009	19	0.100	0.376	0.508	
Riboflavin mg . . .	0.268	0.010	17	0.228	0.855	1.154	
Niacin mg . . .	6.037	0.393	15	5.131	19.258	25.989	
Pantothenic acid mg . . .	0.489	0.029	8	0.416	1.560	2.105	
Vitamin B ₆ mg . . .	0.56	0.024	4	0.48	1.79	2.42	
Folacin mcg . . .	12	1.379	18	10	38	51	
Vitamin B ₁₂ mcg . . .	2.48	0.426	19	2.11	7.90	10.67	
Vitamin A RE . . .	--			--	--	--	
Vitamin A IU . . .	--			--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total g . . .	2.16			1.84	6.90	9.32	
4:0 g . . .							
6:0 g . . .							
8:0 g . . .							
10:0 g . . .	0.00	0.000	8	0.00	0.00	0.00	
12:0 g . . .	0.00	0.000	8	0.00	0.00	0.00	
14:0 g . . .	0.14	0.012	8	0.12	0.44	0.59	
16:0 g . . .	1.26	0.034	8	1.07	4.01	5.41	
18:0 g . . .	0.67	0.047	8	0.57	2.13	2.88	
Monounsaturated, total g . . .	2.43			2.06	7.74	10.44	
16:1 g . . .	0.19	0.014	8	0.16	0.61	0.82	
18:1 g . . .	2.15	0.051	8	1.83	6.86	9.26	
20:1 g . . .	0.00	0.000	8	0.00	0.00	0.00	
22:1 g . . .							
Polyunsaturated, total g . . .	0.29			0.25	0.93	1.25	
18:2 g . . .	0.21	0.023	8	0.18	0.66	0.89	
18:3 g . . .	0.02	0.003	8	0.02	0.06	0.08	
18:4 g . . .							
20:4 g . . .	0.04	0.007	8	0.04	0.14	0.19	
20:5 g . . .							
22:5 g . . .							
22:6 g . . .							
Cholesterol mg . . .	84	1.412	8	72	269	363	
Phytosterols mg . . .							
AMINO ACIDS:							
Tryptophan g . . .	0.355			0.302	1.132	1.528	
Threonine g . . .	1.384			1.176	4.415	5.958	
Isoleucine g . . .	1.425			1.211	4.546	6.135	
Leucine g . . .	2.505			2.129	7.991	10.784	
Lysine g . . .	2.637			2.241	8.412	11.352	
Methionine g . . .	0.811			0.689	2.587	3.491	
Cystine g . . .	0.355			0.302	1.132	1.528	
Phenylalanine g . . .	1.237			1.051	3.946	5.325	
Tyrosine g . . .	1.065			0.905	3.397	4.585	
Valine g . . .	1.542			1.311	4.919	6.638	
Arginine g . . .	2.003			1.703	6.390	8.623	
Histidine g . . .	1.085			0.922	3.461	4.671	
Alanine g . . .	1.912			1.625	6.099	8.231	
Aspartic acid g . . .	2.896			2.462	9.238	12.467	
Glutamic acid g . . .	4.762			4.048	15.191	20.500	
Glycine g . . .	1.729			1.470	5.516	7.443	
Proline g . . .	1.400			1.190	4.466	6.027	
Serine g . . .	1.212			1.030	3.866	5.218	

¹ Standard error of estimate.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%, separable fat 7%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.95		326.35	20.40	298.29
Food energy	{ kcal . . . kJ . . .	136 567		615 2,572	38 161	562 2,351
Protein (N X 6.25)	g . . .	22.79		103.38	6.46	94.49
Total lipid (fat)	g . . .	4.24		19.22	1.20	17.57
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.10		4.99	0.31	4.56
MINERALS:						
Calcium	mg . . .	3		15	1	13
Iron	mg . . .	2.09		9.48	0.59	8.67
Magnesium	mg . . .	25		113	7	103
Phosphorus	mg . . .	219		994	62	908
Potassium	mg . . .	383		1,738	109	1,589
Sodium	mg . . .	52		234	15	214
Zinc	mg . . .	2.87		13.03	0.81	11.91
Copper	mg . . .	0.082		0.372	0.023	0.340
Manganese	mg . . .	0.014		0.064	0.004	0.058
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.100		0.454	0.028	0.415
Riboflavin	mg . . .	0.188		0.853	0.053	0.779
Niacin	mg . . .	4.364		19.795	1.237	18.093
Pantothenic acid	mg . . .	0.361		1.637	0.102	1.497
Vitamin B ₆	mg . . .	0.51		2.32	0.15	2.12
Folacin	mcg . . .	9		42	3	38
Vitamin B ₁₂	mcg . . .	2.84		12.86	0.80	11.76
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	1.54		6.99	0.44	6.38
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.00	0.00	0.00
14:0	g . . .	0.09		0.43	0.03	0.39
16:0	g . . .	0.90		4.09	0.26	3.74
18:0	g . . .	0.46		2.09	0.13	1.91
Monounsaturated, total	g . . .	1.72		7.78	0.49	7.11
16:1	g . . .	0.14		0.62	0.04	0.57
18:1	g . . .	1.52		6.88	0.43	6.29
20:1	g . . .	0.00		0.02	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.20		0.89	0.06	0.82
18:2	g . . .	0.15		0.67	0.04	0.61
18:3	g . . .	0.01		0.04	0.00	0.04
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	57		259	16	237
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.255		1.157	0.072	1.057
Threonine	g . . .	0.996		4.518	0.282	4.129
Isoleucine	g . . .	1.025		4.649	0.291	4.250
Leucine	g . . .	1.802		8.174	0.511	7.471
Lysine	g . . .	1.896		8.600	0.538	7.861
Methionine	g . . .	0.584		2.649	0.166	2.421
Cystine	g . . .	0.255		1.157	0.072	1.057
Phenylalanine	g . . .	0.890		4.037	0.252	3.690
Tyrosine	g . . .	0.766		3.475	0.217	3.176
Valine	g . . .	1.109		5.030	0.314	4.598
Arginine	g . . .	1.441		6.536	0.409	5.974
Histidine	g . . .	0.780		3.538	0.221	3.234
Alanine	g . . .	1.375		6.237	0.390	5.701
Aspartic acid	g . . .	2.082		9.444	0.590	8.632
Glutamic acid	g . . .	3.425		15.536	0.971	14.200
Glycine	g . . .	1.244		5.643	0.353	5.158
Proline	g . . .	1.007		4.568	0.285	4.175
Serine	g . . .	0.872		3.955	0.247	3.615

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 lb raw AP yields 319 g EP	Refuse: Connective tissue 1%, separable fat 4%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	60.87		51.74	194.17	262.28
Food energy	{ kcal kJ	194 810		165 688	617 2,583	834 3,489
Protein (N X6.25)	g	31.69		26.94	101.10	136.57
Total lipid (fat)	g	6.45		5.49	20.59	27.81
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.38		1.18	4.41	5.96
MINERALS:						
Calcium	mg	6		5	19	26
Iron	mg	2.88		2.45	9.19	12.42
Magnesium	mg	31		27	99	134
Phosphorus	mg	246		209	786	1,061
Potassium	mg	442		376	1,411	1,905
Sodium	mg	61		52	194	262
Zinc	mg	5.57		4.73	17.77	24.00
Copper	mg	0.123		0.105	0.392	0.530
Manganese	mg	0.017		0.014	0.054	0.073
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.118		0.100	0.376	0.508
Riboflavin	mg	0.268		0.228	0.855	1.155
Niacin	mg	6.037		5.131	19.258	26.013
Pantothenic acid	mg	0.489		0.416	1.560	2.107
Vitamin B ₆	mg	0.56		0.48	1.79	2.42
Folacin	mcg	12		10	38	51
Vitamin B ₁₂	mcg	2.48		2.11	7.90	10.68
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	2.26		1.92	7.21	9.73
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.01	0.01
12:0	g	0.00		0.00	0.01	0.01
14:0	g	0.14		0.12	0.46	0.62
16:0	g	1.31		1.11	4.18	5.65
18:0	g	0.70		0.59	2.22	3.00
Monounsaturated, total	g	2.53		2.15	8.06	10.89
16:1	g	0.20		0.17	0.63	0.86
18:1	g	2.24		1.91	7.16	9.67
20:1	g	0.00		0.00	0.00	0.00
22:1	g					
Polyunsaturated, total	g	0.30		0.26	0.96	1.30
18:2	g	0.22		0.18	0.69	0.93
18:3	g	0.02		0.02	0.06	0.08
20:4	g	0.05		0.04	0.14	0.19
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	84		72	269	363
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.355		0.302	1.132	1.530
Threonine	g	1.384		1.176	4.415	5.964
Isoleucine	g	1.425		1.211	4.546	6.140
Leucine	g	2.505		2.129	7.991	10.794
Lysine	g	2.637		2.241	8.412	11.363
Methionine	g	0.811		0.689	2.587	3.495
Cystine	g	0.355		0.302	1.132	1.530
Phenylalanine	g	1.237		1.051	3.946	5.330
Tyrosine	g	1.065		0.905	3.397	4.589
Valine	g	1.542		1.311	4.919	6.644
Arginine	g	2.003		1.703	6.390	8.631
Histidine	g	1.085		0.922	3.461	4.675
Alanine	g	1.912		1.625	6.099	8.239
Aspartic acid	g	2.896		2.462	9.238	12.479
Glutamic acid	g	4.762		4.048	15.191	20.519
Glycine	g	1.729		1.470	5.516	7.450
Proline	g	1.400		1.190	4.466	6.033
Serine	g	1.212		1.030	3.866	5.223

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Choice, Cooked, pan-fried

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased		
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 14%	Separable fat	
				3 oz	1 lb raw AP			
				= 85 g	yields 245 g EP			
A	B	C	D	E	F	G		
PROXIMATE:								
Water	g	55.50	0.484	4	47.18	135.98	216.02	
Food energy	{ kcal	227			193	556	884	
	{ kJ	950			808	2,327	3,698	
Protein (N X6.25)	g	35.07	0.350	4	29.81	85.91	136.48	
Total lipid (fat)	g	8.58	0.210	4	7.29	21.01	33.38	
Carbohydrate, total	g	0.00			0.00	0.00	0.00	
Crude fiber	g	0.00			0.00	0.00	0.00	
Ash	g	1.54			1.30	3.76	5.97	
MINERALS:								
Calcium	mg	5			4	12	20	
Iron	mg	3.15			2.68	7.71	12.26	
Magnesium	mg	35			29	84	135	
Phosphorus	mg	292			248	716	1,138	
Potassium	mg	513			436	1,257	1,997	
Sodium	mg	71			60	173	275	
Zinc	mg	4.62			3.93	11.31	17.98	
Copper	mg	0.131			0.111	0.320	0.510	
Manganese	mg	0.020			0.017	0.049	0.078	
VITAMINS:								
Ascorbic acid	mg	0.0			0.0	0.0	0.0	
Thiamin	mg	0.112			0.095	0.274	0.436	
Riboflavin	mg	0.278			0.236	0.681	1.082	
Niacin	mg	5.480			4.658	13.426	21.328	
Pantothenic acid	mg	0.458			0.389	1.122	1.783	
Vitamin B ₆	mg	0.61			0.52	1.49	2.38	
Folic acid	mcg	13			11	31	50	
Vitamin B ₁₂	mcg	3.43			2.92	8.41	13.36	
Vitamin A	{ RE	--			--	--	--	
	{ IU	--			--	--	--	
LIPIDS:								
Fatty acids:								
Saturated, total	g	2.79			2.37	6.84	10.87	
4:0	g							
6:0	g							
8:0	g							
10:0	g	0.00			0.00	0.00	0.01	
12:0	g	0.00			0.00	0.00	0.01	
14:0	g	0.15			0.13	0.37	0.60	
16:0	g	1.61			1.37	3.94	6.27	
18:0	g	0.92			0.78	2.25	3.59	
Monounsaturated, total	g	3.44			2.92	8.42	13.39	
16:1	g	0.20			0.17	0.48	0.77	
18:1	g	3.19			2.71	7.81	12.42	
20:1	g	0.00			0.00	0.00	0.00	
22:1	g							
Polyunsaturated, total	g	0.86			0.73	2.10	3.34	
18:2	g	0.74			0.63	1.80	2.87	
18:3	g	0.05			0.05	0.12	0.21	
18:4	g							
20:4	g	0.05			0.04	0.11	0.18	
20:5	g							
22:5	g							
22:6	g							
Cholesterol	mg	97			83	238	379	
Phytosterols	mg							
AMINO ACIDS:								
Tryptophan	g	0.393			0.334	0.962	1.530	
Threonine	g	1.532			1.302	3.753	5.963	
Isoleucine	g	1.576			1.340	3.861	6.134	
Leucine	g	2.771			2.355	6.788	10.785	
Lysine	g	2.917			2.479	7.146	11.353	
Methionine	g	0.898			0.763	2.200	3.495	
Cystine	g	0.393			0.334	0.962	1.530	
Phenylalanine	g	1.369			1.164	3.354	5.328	
Tyrosine	g	1.178			1.001	2.886	4.585	
Valine	g	1.705			1.449	4.177	6.636	
Arginine	g	2.216			1.884	5.429	8.625	
Histidine	g	1.201			1.021	2.942	4.674	
Alanine	g	2.115			1.798	5.181	8.232	
Aspartic acid	g	3.203			2.723	7.847	12.466	
Glutamic acid	g	5.268			4.478	12.906	20.503	
Glycine	g	1.913			1.626	4.686	7.445	
Proline	g	1.548			1.316	3.792	6.025	
Serine	g	1.341			1.140	3.285	5.219	

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%, separable fat 7%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	72.53			328.99	20.56	301.00
Food energy { kcal . . .	128			579	36	529
Protein (N X 6.25) g . . .	534			2,421	151	2,215
Total lipid (fat) g . . .	22.79			103.38	6.46	94.58
Carbohydrate, total g . . .	3.35			15.21	0.95	13.91
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.00			0.00	0.00	0.00
	1.10			4.99	0.31	4.57
MINERALS:						
Calcium mg . . .	3			15	1	13
Iron mg . . .	2.09			9.48	0.59	8.68
Magnesium mg . . .	25			113	7	103
Phosphorus mg . . .	219			994	62	909
Potassium mg . . .	383			1,738	109	1,590
Sodium mg . . .	52			234	15	214
Zinc mg . . .	2.87			13.03	0.81	11.92
Copper mg . . .	0.082			0.372	0.023	0.340
Manganese mg . . .	0.014			0.064	0.004	0.058
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.100			0.454	0.028	0.415
Riboflavin mg . . .	0.188			0.853	0.053	0.780
Niacin mg . . .	4.364			19.795	1.237	18.111
Pantothenic acid mg . . .	0.361			1.637	0.102	1.498
Vitamin B ₆ mg . . .	0.51			2.32	0.15	2.12
Folacin mcg . . .	9			42	3	38
Vitamin B ₁₂ mcg . . .	2.84			12.86	0.80	11.77
Vitamin A { IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	1.22			5.53	0.35	5.06
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.00			0.00	0.00	0.00
12:0 g . . .	0.00			0.00	0.00	0.00
14:0 g . . .	0.07			0.34	0.02	0.31
16:0 g . . .	0.71			3.23	0.20	2.96
18:0 g . . .	0.37			1.66	0.10	1.51
Monounsaturated, total g . . .	1.36			6.16	0.38	5.63
16:1 g . . .	0.11			0.49	0.03	0.45
18:1 g . . .	1.20			5.44	0.34	4.98
20:1 g . . .	0.00			0.01	0.00	0.01
22:1 g . . .						
Polyunsaturated, total g . . .	0.16			0.70	0.04	0.64
18:2 g . . .	0.12			0.53	0.03	0.49
18:3 g . . .	0.01			0.03	0.00	0.03
18:4 g . . .						
20:4 g . . .	0.02			0.11	0.01	0.10
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	57			259	16	237
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.255			1.157	0.072	1.058
Threonine g . . .	0.996			4.518	0.282	4.133
Isoleucine g . . .	1.025			4.649	0.291	4.254
Leucine g . . .	1.802			8.174	0.511	7.478
Lysine g . . .	1.896			8.600	0.538	7.868
Methionine g . . .	0.584			2.649	0.166	2.424
Cystine g . . .	0.255			1.157	0.072	1.058
Phenylalanine g . . .	0.890			4.037	0.252	3.694
Tyrosine g . . .	0.766			3.475	0.217	3.179
Valine g . . .	1.109			5.030	0.314	4.602
Arginine g . . .	1.441			6.536	0.409	5.980
Histidine g . . .	0.780			3.538	0.221	3.237
Alanine g . . .	1.375			6.237	0.390	5.706
Aspartic acid g . . .	2.082			9.444	0.590	8.640
Glutamic acid g . . .	3.425			15.536	0.971	14.214
Glycine g . . .	1.244			5.643	0.353	5.163
Proline g . . .	1.007			4.568	0.285	4.179
Serine g . . .	0.872			3.955	0.247	3.619

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 1%, separable fat 5%
				3 oz = 85 g	1 lb raw AP yields 317 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	61.10		51.93	193.68	261.31
Food energy	{ kcal kJ	184 769		156 654	583 2,439	786 3,291
Protein (N X6, 25)	g	31.69		26.94	100.47	135.56
Total lipid (fat)	g	5.38		4.58	17.06	23.02
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.38		1.18	4.38	5.92
MINERALS:						
Calcium	mg	6		5	19	25
Iron	mg	2.88		2.45	9.14	12.33
Magnesium	mg	31		27	99	133
Phosphorus	mg	246		209	781	1,053
Potassium	mg	442		376	1,402	1,891
Sodium	mg	61		52	192	260
Zinc	mg	5.57		4.73	17.66	23.82
Copper	mg	0.123		0.105	0.390	0.526
Manganese	mg	0.017		0.014	0.054	0.073
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.118		0.100	0.374	0.505
Riboflavin	mg	0.268		0.228	0.850	1.146
Niacin	mg	6.037		5.131	19.137	25.820
Pantothenic acid	mg	0.489		0.416	1.550	2.091
Vitamin B ₆	mg	0.56		0.48	1.78	2.40
Folacin	mcg	12		10	38	51
Vitamin B ₁₂	mcg	2.48		2.11	7.86	10.60
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	1.88		1.60	5.97	8.05
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.00		0.00	0.00	0.00
12:0	g	0.00		0.00	0.00	0.00
14:0	g	0.12		0.10	0.38	0.51
16:0	g	1.09		0.93	3.46	4.67
18:0	g	0.58		0.49	1.84	2.48
Monounsaturated, total	g	2.11		1.79	6.68	9.01
16:1	g	0.17		0.14	0.53	0.71
18:1	g	1.87		1.59	5.93	8.00
20:1	g	0.00		0.00	0.00	0.00
22:1	g					
Polyunsaturated, total	g	0.25		0.21	0.80	1.08
18:2	g	0.18		0.15	0.57	0.77
18:3	g	0.02		0.01	0.05	0.07
18:4	g					
20:4	g	0.04		0.03	0.12	0.16
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	84		72	267	360
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.355		0.302	1.125	1.518
Threonine	g	1.384		1.176	4.387	5.919
Isoleucine	g	1.425		1.211	4.517	6.095
Leucine	g	2.505		2.129	7.941	10.714
Lysine	g	2.637		2.241	8.359	11.278
Methionine	g	0.811		0.689	2.571	3.469
Cystine	g	0.355		0.302	1.125	1.518
Phenylalanine	g	1.237		1.051	3.921	5.291
Tyrosine	g	1.065		0.905	3.376	4.555
Valine	g	1.542		1.311	4.888	6.595
Arginine	g	2.003		1.703	6.350	8.567
Histidine	g	1.085		0.922	3.439	4.641
Alanine	g	1.912		1.625	6.061	8.178
Aspartic acid	g	2.896		2.462	9.180	12.386
Glutamic acid	g	4.762		4.048	15.096	20.367
Glycine	g	1.729		1.470	5.481	7.395
Proline	g	1.400		1.190	4.438	5.988
Serine	g	1.212		1.030	3.842	5.184

AH-8-13 (1985)
NDB No. 13223

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 2%, separable fat 5%
				3 oz = 85 g	1 lb raw AP yields 315 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	60.35			51.30	190.10	257.03
Food energy { kcal . .	215			183	678	917
{ kJ . . .	901			766	2,838	3,836
Protein (N X 6.25) g . . .	31.69			26.94	99.84	134.98
Total lipid (fat) g . . .	8.87			7.54	27.92	37.76
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.38			1.18	4.36	5.89
MINERALS:						
Calcium mg . . .	6			5	19	25
Iron mg . . .	2.88			2.45	9.08	12.27
Magnesium mg . . .	31			27	98	133
Phosphorus mg . . .	246			209	776	1,049
Potassium mg . . .	442			376	1,393	1,883
Sodium mg . . .	61			52	191	259
Zinc mg . . .	5.57			4.73	17.55	23.72
Copper mg . . .	0.123			0.105	0.387	0.524
Manganese mg . . .	0.017			0.014	0.054	0.072
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.118			0.100	0.372	0.503
Riboflavin mg . . .	0.268			0.228	0.844	1.141
Niacin mg . . .	6.037			5.131	19.017	25.712
Pantothenic acid mg . . .	0.489			0.416	1.540	2.083
Vitamin B ₆ mg . . .	0.56			0.48	1.77	2.39
Folacin mcg . . .	12			10	37	51
Vitamin B ₁₂ mcg . . .	2.48			2.11	7.81	10.55
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	3.10			2.64	9.77	13.21
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.00			0.00	0.01	0.01
12:0 g . . .	0.00			0.00	0.01	0.01
14:0 g . . .	0.20			0.17	0.62	0.84
16:0 g . . .	1.80			1.53	5.67	7.67
18:0 g . . .	0.96			0.81	3.01	4.08
Monounsaturated, total g . . .	3.47			2.95	10.94	14.79
16:1 g . . .	0.27			0.23	0.86	1.16
18:1 g . . .	3.08			2.62	9.71	13.13
20:1 g . . .	0.00			0.00	0.00	0.00
22:1 g . . .						
Polyunsaturated, total g . . .	0.42			0.35	1.31	1.77
18:2 g . . .	0.30			0.25	0.94	1.26
18:3 g . . .	0.03			0.02	0.08	0.11
18:4 g . . .						
20:4 g . . .	0.06			0.05	0.20	0.27
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	84			72	265	359
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.355			0.302	1.118	1.512
Threonine g . . .	1.384			1.176	4.360	5.894
Isoleucine g . . .	1.425			1.211	4.489	6.069
Leucine g . . .	2.505			2.129	7.891	10.669
Lysine g . . .	2.637			2.241	8.307	11.231
Methionine g . . .	0.811			0.689	2.555	3.454
Cystine g . . .	0.355			0.302	1.118	1.512
Phenylalanine g . . .	1.237			1.051	3.897	5.268
Tyrosine g . . .	1.065			0.905	3.355	4.536
Valine g . . .	1.542			1.311	4.857	6.567
Arginine g . . .	2.003			1.703	6.309	8.531
Histidine g . . .	1.085			0.922	3.418	4.621
Alanine g . . .	1.912			1.625	6.023	8.143
Aspartic acid g . . .	2.896			2.462	9.122	12.334
Glutamic acid g . . .	4.762			4.048	15.000	20.281
Glycine g . . .	1.729			1.470	5.446	7.364
Proline g . . .	1.400			1.190	4.410	5.963
Serine g . . .	1.212			1.030	3.818	5.162

AH-8-13 (1985)
 NDB No. 13225

AH-8-13 (1985)
NDB No. 13226

AH-8-13 (1985)
NDB No. 13227

BEEF, SHANK CROSSCUTS, SEPARABLE LEAN ONLY, Choice, Cooked, simmered

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 32%, separable fat 6%	
				3 oz = 85 g	1 lb raw AP yields 189 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water g	58.21	0.623	11	49.48	110.02	163.46	
Food energy { kcal . .	201			171	380	565	
{ kJ	842			715	1,591	2,363	
Protein (N X 6.25) g	33.68	0.724	11	28.63	63.66	94.57	
Total lipid (fat) g	6.36	0.820	11	5.40	12.01	17.84	
Carbohydrate, total g	0.00			0.00	0.00	0.00	
Crude fiber g	0.00			0.00	0.00	0.00	
Ash g	2.39	0.238	7	2.03	4.52	6.71	
MINERALS:							
Calcium mg	32	2.113	7	27	60	90	
Iron mg	3.86	0.199	7	3.28	7.29	10.83	
Magnesium mg	30	0.358	7	26	57	85	
Phosphorus mg	263	3.228	7	224	498	739	
Potassium mg	447	5.800	7	380	845	1,255	
Sodium mg	64			54	120	179	
Zinc mg	10.49	0.501	7	8.91	19.82	29.44	
Copper mg	0.172	0.014	7	0.146	0.325	0.483	
Manganese mg	0.020			0.017	0.038	0.056	
VITAMINS:							
Ascorbic acid mg	0.0			0.0	0.0	0.0	
Thiamin mg	0.136	0.002	7	0.116	0.257	0.382	
Riboflavin mg	0.214	0.017	7	0.182	0.404	0.601	
Niacin mg	5.891	0.378	7	5.007	11.134	16.542	
Pantothenic acid mg	0.407			0.346	0.769	1.143	
Vitamin B ₆ mg	0.37	0.017	7	0.31	0.69	1.02	
Folic acid mcg	10			8	18	27	
Vitamin B ₁₂ mcg	3.79			3.22	7.16	10.63	
Vitamin A { RE	--			--	--	--	
{ IU	--			--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total g	2.28			1.94	4.31	6.40	
4:0 g							
6:0 g							
8:0 g							
10:0 g	0.00			0.00	0.01	0.01	
12:0 g	0.01			0.00	0.01	0.01	
14:0 g	0.18			0.15	0.33	0.50	
16:0 g	1.35			1.15	2.55	3.79	
18:0 g	0.61			0.52	1.16	1.72	
Monounsaturated, total g	2.85			2.42	5.39	8.01	
16:1 g	0.31			0.26	0.58	0.86	
18:1 g	2.40			2.04	4.54	6.75	
20:1 g	0.01			0.01	0.01	0.02	
22:1 g							
Polyunsaturated, total g	0.23			0.20	0.44	0.65	
18:2 g	0.17			0.15	0.32	0.48	
18:3 g	0.01			0.01	0.02	0.04	
18:4 g							
20:4 g	0.03			0.03	0.06	0.10	
20:5 g							
22:5 g							
Cholesterol mg	78	5.915	7	66	147	218	
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	0.377			0.320	0.713	1.059	
Threonine g	1.471			1.250	2.780	4.131	
Isoleucine g	1.514			1.287	2.861	4.251	
Leucine g	2.662			2.263	5.031	7.475	
Lysine g	2.802			2.382	5.296	7.868	
Methionine g	0.862			0.733	1.629	2.420	
Cystine g	0.377			0.320	0.713	1.059	
Phenylalanine g	1.315			1.118	2.485	3.693	
Tyrosine g	1.132			0.962	2.139	3.179	
Valine g	1.638			1.392	3.096	4.600	
Arginine g	2.129			1.810	4.024	5.978	
Histidine g	1.153			0.980	2.179	3.238	
Alanine g	2.032			1.727	3.840	5.706	
Aspartic acid g	3.077			2.615	5.816	8.640	
Glutamic acid g	5.060			4.301	9.563	14.208	
Glycine g	1.838			1.562	3.474	5.161	
Proline g	1.487			1.264	2.810	4.175	
Serine g	1.288			1.095	2.434	3.617	

¹Values based on data for beef, tenderloin and top loin.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%
				3 oz = 85 g	1 lb raw AP yields 269 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	52.36		44.50	140.84	193.09
Food energy	{ kcal . . .	299		254	803	1,101
	{ kJ . . .	1,249		1,062	3,360	4,606
Protein (N X 6.25)	g . . .	25.10		21.33	67.51	92.55
Total lipid (fat)	g . . .	21.22		18.03	57.07	78.24
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.10		0.94	2.96	4.06
MINERALS: ¹						
Calcium	mg . . .	8		7	23	31
Iron	mg . . .	2.66		2.26	7.15	9.80
Magnesium	mg . . .	25		21	67	92
Phosphorus	mg . . .	189		161	509	698
Potassium	mg . . .	356		303	959	1,314
Sodium	mg . . .	61		52	165	226
Zinc	mg . . .	4.70		4.00	12.65	17.34
Copper	mg . . .	0.133		0.113	0.358	0.491
Manganese	mg . . .	0.014		0.012	0.038	0.052
VITAMINS: ¹						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.096		0.082	0.258	0.354
Riboflavin	mg . . .	0.218		0.185	0.586	0.804
Niacin	mg . . .	4.093		3.479	11.010	15.095
Pantothenic acid	mg . . .	0.307		0.261	0.826	1.132
Vitamin B ₆	mg . . .	0.35		0.30	0.95	1.31
Folic acid	mcg . . .	7		6	19	26
Vitamin B ₁₂	mcg . . .	2.16		1.83	5.80	7.96
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS: ¹						
Fatty acids:						
Saturated, total	g . . .	8.78		7.46	23.62	32.38
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.05		0.04	0.14	0.19
12:0	g . . .	0.05		0.04	0.13	0.18
14:0	g . . .	0.65		0.56	1.76	2.41
16:0	g . . .	5.10		4.34	13.73	18.82
18:0	g . . .	2.49		2.11	6.69	9.17
Monounsaturated, total	g . . .	9.14		7.77	24.59	33.71
16:1	g . . .	0.81		0.69	2.18	2.99
18:1	g . . .	7.93		6.74	21.34	29.26
20:1	g . . .	0.03		0.03	0.09	0.12
22:1	g . . .					
Polyunsaturated, total	g . . .	0.80		0.68	2.15	2.95
18:2	g . . .	0.53		0.45	1.43	1.96
18:3	g . . .	0.21		0.18	0.56	0.77
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.11	0.15
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	83		70	222	305
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.281		0.239	0.756	1.036
Threonine	g . . .	1.096		0.932	2.948	4.042
Isoleucine	g . . .	1.128		0.959	3.034	4.160
Leucine	g . . .	1.983		1.686	5.334	7.313
Lysine	g . . .	2.088		1.775	5.617	7.701
Methionine	g . . .	0.642		0.546	1.727	2.368
Cystine	g . . .	0.281		0.239	0.756	1.036
Phenylalanine	g . . .	0.980		0.833	2.636	3.614
Tyrosine	g . . .	0.843		0.717	2.268	3.109
Valine	g . . .	1.221		1.038	3.284	4.503
Arginine	g . . .	1.586		1.348	4.266	5.849
Histidine	g . . .	0.859		0.730	2.311	3.168
Alanine	g . . .	1.514		1.287	4.073	5.584
Aspartic acid	g . . .	2.293		1.949	6.168	8.457
Glutamic acid	g . . .	3.770		3.205	10.141	13.904
Glycine	g . . .	1.369		1.164	3.683	5.049
Proline	g . . .	1.108		0.942	2.981	4.086
Serine	g . . .	0.960		0.816	2.582	3.540

¹ Values based on data for beef, tenderloin and top loin.

¹Values based on data for beef, tenderloin and top loin.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%, separable fat 14%	
				3 oz = 85 g	1 lb raw AP yields 222 g	EP	G
A	B	C	D	E	F		
PROXIMATE:							
Water	g	59.52	0.816	4	50.60	132.14	181.43
Food energy	{ kcal kJ	218 911			185 774	483 2,022	663 2,776
Protein (N X6, 25)	g	28.16	0.414	4	23.94	62.52	85.83
Total lipid (fat)	g	10.80	0.414	4	9.18	23.97	32.91
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.24			1.05	2.75	3.77
MINERALS: ¹							
Calcium	mg	7			6	16	22
Iron	mg	3.00			2.55	6.66	9.14
Magnesium	mg	29			25	64	88
Phosphorus	mg	213			181	473	650
Potassium	mg	407			346	903	1,240
Sodium	mg	66			56	145	200
Zinc	mg	5.40			4.59	12.00	16.47
Copper	mg	0.143			0.122	0.317	0.436
Manganese	mg	0.015			0.013	0.033	0.046
VITAMINS: ¹							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.110			0.094	0.244	0.335
Riboflavin	mg	0.246			0.209	0.546	0.750
Niacin	mg	4.632			3.937	10.283	14.118
Pantothenic acid	mg	0.341			0.290	0.757	1.039
Vitamin B ₆	mg	0.40			0.34	0.89	1.22
Folacin	mcg	8			7	17	24
Vitamin B ₁₂	mcg	2.27			1.93	5.04	6.93
Vitamin A	{ RE IU	-- --			-- --	-- --	-- --
LIPIDS: ¹							
Fatty acids:							
Saturated, total	g	4.32			3.68	9.60	13.18
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.29			0.25	0.65	0.90
16:0	g	2.42			2.05	5.37	7.37
18:0	g	1.35			1.14	2.99	4.10
Monounsaturated, total	g	4.33			3.68	9.61	13.19
16:1	g	0.32			0.27	0.70	0.97
18:1	g	3.86			3.28	8.57	11.76
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.40			0.34	0.89	1.23
18:2	g	0.30			0.26	0.67	0.92
18:3	g	0.03			0.03	0.07	0.10
18:4	g						
20:4	g	0.05			0.04	0.11	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	178	244
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.315			0.268	0.699	0.960
Threonine	g	1.230			1.046	2.731	3.749
Isoleucine	g	1.266			1.076	2.811	3.859
Leucine	g	2.226			1.892	4.942	6.785
Lysine	g	2.343			1.992	5.201	7.141
Methionine	g	0.721			0.613	1.601	2.198
Cystine	g	0.315			0.268	0.699	0.960
Phenylalanine	g	1.099			0.934	2.440	3.350
Tyrosine	g	0.946			0.804	2.100	2.883
Valine	g	1.370			1.165	3.041	4.176
Arginine	g	1.780			1.513	3.952	5.425
Histidine	g	0.964			0.819	2.140	2.938
Alanine	g	1.699			1.444	3.772	5.179
Aspartic acid	g	2.573			2.187	5.712	7.843
Glutamic acid	g	4.231			3.596	9.393	12.896
Glycine	g	1.537			1.306	3.412	4.685
Proline	g	1.244			1.057	2.762	3.792
Serine	g	1.077			0.915	2.391	3.283

¹Values based on data for beef, tenderloin and top loin.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: Bone 19%
	Mean	Standard error	Number of samples	Approximate measure and weight		
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	55.83		253.23	15.83	205.38
Food energy	{ kcal kJ	307 1,286		1,394 5,834	87 365	1,131 4,732
Protein (N X6.25)	g	16.78		76.13	4.76	61.74
Total lipid (fat)	g	26.13		118.54	7.41	96.14
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.73		3.32	0.21	2.69
MINERALS: ¹						
Calcium	mg	7		30	2	24
Iron	mg	1.67		7.58	0.47	6.14
Magnesium	mg	17		79	5	64
Phosphorus	mg	155		703	44	570
Potassium	mg	275		1,248	78	1,012
Sodium	mg	48		217	14	176
Zinc	mg	2.89		13.12	0.82	10.64
Copper	mg	0.071		0.322	0.020	0.261
Manganese	mg	0.012		0.054	0.003	0.044
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.093		0.422	0.026	0.342
Riboflavin	mg	0.157		0.712	0.045	0.578
Niacin	mg	3.253		14.756	0.922	11.968
Pantothenic acid	mg	0.281		1.275	0.080	1.034
Vitamin B ₆	mg	0.35		1.58	0.10	1.28
Folic acid	mcg	6		26	2	21
Vitamin B ₁₂	mcg	2.55		11.55	0.72	9.37
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS: ¹						
Fatty acids:						
Saturated, total	g	11.21		50.86	3.18	41.25
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.09		0.41	0.03	0.33
12:0	g	0.06		0.29	0.02	0.23
14:0	g	0.84		3.82	0.24	3.10
16:0	g	6.41		29.05	1.82	23.56
18:0	g	3.24		14.67	0.92	11.90
Monounsaturated, total	g	11.75		53.28	3.33	43.22
16:1	g	1.30		5.89	0.37	4.78
18:1	g	9.90		44.91	2.81	36.43
20:1	g	0.04		0.16	0.01	0.13
22:1	g					
Polyunsaturated, total	g	0.98		4.44	0.28	3.60
18:2	g	0.61		2.78	0.17	2.25
18:3	g	0.32		1.46	0.09	1.18
18:4	g					
20:4	g	0.03		0.13	0.01	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	71		323	20	262
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.188		0.853	0.053	0.692
Threonine	g	0.733		3.325	0.208	2.697
Isoleucine	g	0.754		3.420	0.214	2.774
Leucine	g	1.326		6.015	0.376	4.878
Lysine	g	1.396		6.332	0.396	5.136
Methionine	g	0.430		1.950	0.122	1.582
Cystine	g	0.188		0.853	0.053	0.692
Phenylalanine	g	0.655		2.971	0.186	2.410
Tyrosine	g	0.564		2.558	0.160	2.075
Valine	g	0.816		3.701	0.231	3.002
Arginine	g	1.061		4.813	0.301	3.903
Histidine	g	0.575		2.608	0.163	2.115
Alanine	g	1.012		4.590	0.287	3.723
Aspartic acid	g	1.533		6.954	0.435	5.640
Glutamic acid	g	2.521		11.435	0.715	9.275
Glycine	g	0.916		4.155	0.260	3.370
Proline	g	0.741		3.361	0.210	2.726
Serine	g	0.642		2.912	0.182	2.362

¹ Values based on data for beef, tenderloin and top loin.

BEEF, SHORT LOIN, T-BONE STEAK, SEPARABLE LEAN AND FAT, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%
				3 oz = 85 g	1 lb raw AP yields 274 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	50.38		42.82	138.04	186.71
Food energy	{ kcal kJ	324 1,356		276 1,153	888 3,716	1,201 5,026
Protein (N X 6.25)	g	23.99		20.39	65.73	88.90
Total lipid (fat)	g	24.58		20.89	67.35	91.10
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.05		0.89	2.88	3.90
MINERALS: ¹						
Calcium	mg	9		8	24	33
Iron	mg	2.54		2.16	6.95	9.41
Magnesium	mg	24		20	65	87
Phosphorus	mg	177		150	484	654
Potassium	mg	339		288	928	1,255
Sodium	mg	60		51	164	221
Zinc	mg	4.46		3.79	12.21	16.51
Copper	mg	0.130		0.111	0.356	0.482
Manganese	mg	0.013		0.011	0.036	0.048
VITAMINS: ¹						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.091		0.077	0.249	0.337
Riboflavin	mg	0.209		0.178	0.573	0.775
Niacin	mg	3.902		3.317	10.691	14.461
Pantothenic acid	mg	0.290		0.247	0.795	1.075
Vitamin B ₆	mg	0.33		0.28	0.90	1.22
Folic acid	mcg	7		6	18	25
Vitamin B ₁₂	mcg	2.12		1.80	5.80	7.85
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS: ¹						
Fatty acids:						
Saturated, total	g	10.23		8.69	28.02	37.89
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.07		0.06	0.18	0.25
12:0	g	0.06		0.05	0.18	0.24
14:0	g	0.77		0.66	2.11	2.86
16:0	g	5.98		5.08	16.39	22.17
18:0	g	2.85		2.42	7.81	10.56
Monounsaturated, total	g	10.71		9.10	29.35	39.69
16:1	g	0.97		0.83	2.67	3.61
18:1	g	9.26		7.87	25.37	34.31
20:1	g	0.04		0.04	0.12	0.16
22:1	g					
Polyunsaturated, total	g	0.93		0.79	2.55	3.44
18:2	g	0.61		0.51	1.66	2.24
18:3	g	0.27		0.23	0.74	1.00
18:4	g					
20:4	g	0.04		0.03	0.10	0.13
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	84		71	229	310
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.269		0.229	0.737	0.997
Threonine	g	1.048		0.891	2.872	3.884
Isoleucine	g	1.078		0.916	2.954	3.995
Leucine	g	1.896		1.612	5.195	7.027
Lysine	g	1.996		1.697	5.469	7.397
Methionine	g	0.614		0.522	1.682	2.275
Cystine	g	0.269		0.229	0.737	0.997
Phenylalanine	g	0.936		0.796	2.565	3.469
Tyrosine	g	0.806		0.685	2.208	2.987
Valine	g	1.167		0.992	3.198	4.325
Arginine	g	1.516		1.289	4.154	5.618
Histidine	g	0.821		0.698	2.250	3.043
Alanine	g	1.447		1.230	3.965	5.363
Aspartic acid	g	2.191		1.862	6.003	8.120
Glutamic acid	g	3.604		3.063	9.875	13.356
Glycine	g	1.309		1.113	3.587	4.851
Proline	g	1.059		0.900	2.902	3.925
Serine	g	0.917		0.779	2.513	3.398

¹Values based on data for beef, tenderloin and top loin.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 19%, separable fat 23%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	70.24	0.975	4	318.59	19.91	183.80
Food energy { kcal . . .	159			721	45	416

¹ Values based on data for beef, tenderloin and top loin.

BEEF, SHORT LOIN, T-BONE STEAK, SEPARABLE LEAN ONLY, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 18%, separable fat 19%	
				3 oz = 85 g	1 lb raw AP yields 209 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	60.26	0.736	4	51.22	125.94	170.29
Food energy	{ kcal	214			182	447	604
	{ kJ	894			760	1,869	2,527
Protein (N X6.25)	g	28.13	0.418	4	23.91	58.80	79.50
Total lipid (fat)	g	10.37	0.331	4	8.82	21.68	29.31
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.24			1.05	2.59	3.50
MINERALS: ¹							
Calcium	mg	7			6	15	21
Iron	mg	3.00			2.55	6.27	8.48
Magnesium	mg	29			25	60	82
Phosphorus	mg	208			177	434	587
Potassium	mg	407			346	850	1,150
Sodium	mg	66			56	137	185
Zinc	mg	5.40			4.59	11.29	15.27
Copper	mg	0.143			0.122	0.299	0.404
Manganese	mg	0.015			0.013	0.031	0.042
VITAMINS: ¹							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.110			0.094	0.230	0.311
Riboflavin	mg	0.246			0.209	0.514	0.695
Niacin	mg	4.632			3.937	9.681	13.090
Pantothenic acid	mg	0.333			0.283	0.696	0.941
Vitamin B ₆	mg	0.39			0.33	0.82	1.10
Folacin	mcg	8			7	16	22
Vitamin B ₁₂	mcg	2.27			1.93	4.75	6.42
Vitamin A	{ RE	--			--	--	--
	{ IU	--			--	--	--
LIPIDS: ¹							
Fatty acids:							
Saturated, total	g	4.15			3.53	8.68	11.73
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.01
12:0	g	0.01			0.01	0.01	0.02
14:0	g	0.28			0.24	0.59	0.80
16:0	g	2.32			1.97	4.85	6.56
18:0	g	1.29			1.10	2.70	3.65
Monounsaturated, total	g	4.16			3.53	8.68	11.74
16:1	g	0.30			0.26	0.64	0.86
18:1	g	3.71			3.15	7.74	10.47
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.39			0.33	0.80	1.09
18:2	g	0.29			0.25	0.60	0.82
18:3	g	0.03			0.03	0.06	0.09
18:4	g						
20:4	g	0.05			0.04	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	167	226
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.315			0.268	0.658	0.890
Threonine	g	1.229			1.045	2.569	3.473
Isoleucine	g	1.265			1.075	2.644	3.575
Leucine	g	2.223			1.890	4.646	6.282
Lysine	g	2.341			1.990	4.893	6.616
Methionine	g	0.720			0.612	1.505	2.035
Cystine	g	0.315			0.268	0.658	0.890
Phenylalanine	g	1.098			0.933	2.295	3.103
Tyrosine	g	0.945			0.803	1.975	2.671
Valine	g	1.368			1.163	2.859	3.866
Arginine	g	1.778			1.511	3.716	5.025
Histidine	g	0.963			0.819	2.013	2.721
Alanine	g	1.697			1.442	3.547	4.796
Aspartic acid	g	2.570			2.185	5.371	7.263
Glutamic acid	g	4.226			3.592	8.832	11.943
Glycine	g	1.535			1.305	3.208	4.338
Proline	g	1.242			1.056	2.596	3.510
Serine	g	1.076			0.915	2.249	3.041

¹ Values based on data for beef, tenderloin and top loin.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%
				1 lb = 453.6 g	1 steak = 159 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	62.38		282.95	99.18	277.27
Food energy	{ kcal kJ	241 1,010		1,095 4,581	384 1,606	1,073 4,489
Protein (N X6.25)	g	18.54		84.11	29.48	82.42
Total lipid (fat)	g	17.98		81.58	28.59	79.94
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.91		4.11	1.44	4.02
MINERALS:						
Calcium	mg	7		30	11	29
Iron	mg	2.41		10.91	3.83	10.69
Magnesium	mg	21		93	33	91
Phosphorus	mg	186		842	295	826
Potassium	mg	314		1,422	499	1,394
Sodium	mg	49		223	78	219
Zinc	mg	3.13		14.18	4.97	13.89
Copper	mg	0.096		0.435	0.153	0.427
Manganese	mg	0.013		0.059	0.021	0.058
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.119		0.540	0.189	0.529
Riboflavin	mg	0.214		0.971	0.340	0.951
Niacin	mg	3.056		13.862	4.859	13.584
Pantothenic acid	mg	0.311		1.411	0.494	1.382
Vitamin B ₆	mg	0.38		1.74	0.61	1.70
Folacin	mcg	6		28	10	28
Vitamin B ₁₂	mcg	2.65		12.00	4.21	11.76
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.65		34.72	12.17	34.02
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.06		0.26	0.09	0.25
12:0	g	0.04		0.18	0.06	0.17
14:0	g	0.55		2.51	0.88	2.46
16:0	g	4.32		19.61	6.87	19.22
18:0	g	2.28		10.32	3.62	10.12
Monounsaturated, total	g	7.90		35.83	12.56	35.11
16:1	g	0.83		3.78	1.32	3.70
18:1	g	6.72		30.47	10.68	29.86
20:1	g	0.02		0.10	0.03	0.10
22:1	g					
Polyunsaturated, total	g	0.71		3.23	1.13	3.17
18:2	g	0.46		2.08	0.73	2.04
18:3	g	0.21		0.94	0.33	0.92
18:4	g					
20:4	g	0.03		0.15	0.05	0.14
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	69		313	110	306
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.208		0.943	0.331	0.925
Threonine	g	0.810		3.674	1.288	3.600
Isoleucine	g	0.833		3.778	1.324	3.703
Leucine	g	1.465		6.645	2.329	6.512
Lysine	g	1.542		6.995	2.452	6.854
Methionine	g	0.475		2.155	0.755	2.111
Cystine	g	0.208		0.943	0.331	0.925
Phenylalanine	g	0.724		3.284	1.151	3.218
Tyrosine	g	0.623		2.826	0.991	2.769
Valine	g	0.902		4.091	1.434	4.009
Arginine	g	1.172		5.316	1.863	5.210
Histidine	g	0.635		2.880	1.010	2.823
Alanine	g	1.118		5.071	1.778	4.970
Aspartic acid	g	1.694		7.684	2.693	7.530
Glutamic acid	g	2.785		12.633	4.428	12.379
Glycine	g	1.011		4.586	1.607	4.494
Proline	g	0.819		3.715	1.302	3.640
Serine	g	0.709		3.216	1.127	3.152

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, All grades, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3% EP ¹
				3 oz = 85 g	1 steak raw yields 115 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	54.99			46.74	63.24	243.07
Food energy { kcal . . .	266			226	306	1,176
{ kJ . . .	1,113			946	1,280	4,919
Protein (N X 6.25) g . . .	25.96			22.07	29.85	114.74
Total lipid (fat) g . . .	17.21			14.63	19.79	76.09
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.19			1.01	1.37	5.27
MINERALS:						
Calcium mg . . .	8			7	9	34
Iron mg . . .	3.25			2.76	3.74	14.39
Magnesium mg . . .	27			23	31	121
Phosphorus mg . . .	217			184	250	960
Potassium mg . . .	380			323	437	1,680
Sodium mg . . .	61			52	70	268
Zinc mg . . .	5.04			4.28	5.80	22.29
Copper mg . . .	0.167			0.142	0.192	0.738
Manganese mg . . .	0.015			0.013	0.017	0.066
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.117			0.099	0.135	0.517
Riboflavin mg . . .	0.270			0.230	0.311	1.193
Niacin mg . . .	3.614			3.072	4.156	15.974
Pantothenic acid mg . . .	0.348			0.296	0.400	1.538
Vitamin B ₆ mg . . .	0.40			0.34	0.46	1.77
Folacin mcg . . .	7			6	8	31
Vitamin B ₁₂ mcg . . .	2.45			2.08	2.82	10.82
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	7.02			5.97	8.07	31.02
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.04			0.03	0.05	0.17
12:0 g . . .	0.04			0.03	0.05	0.16
14:0 g . . .	0.51			0.43	0.59	2.27
16:0 g . . .	4.04			3.43	4.65	17.85
18:0 g . . .	2.08			1.77	2.39	9.19
Monounsaturated, total g . . .	7.29			6.19	8.38	32.20
16:1 g . . .	0.62			0.53	0.71	2.75
18:1 g . . .	6.35			5.40	7.30	28.08
20:1 g . . .	0.02			0.02	0.02	0.10
22:1 g . . .						
Polyunsaturated, total g . . .	0.66			0.56	0.76	2.93
18:2 g . . .	0.46			0.39	0.53	2.02
18:3 g . . .	0.16			0.14	0.18	0.69
18:4 g . . .						
20:4 g . . .	0.04			0.03	0.05	0.16
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	86			73	99	379
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.291			0.247	0.335	1.286
Threonine g . . .	1.134			0.964	1.304	5.012
Isoleucine g . . .	1.167			0.992	1.342	5.158
Leucine g . . .	2.052			1.744	2.360	9.070
Lysine g . . .	2.160			1.836	2.484	9.547
Methionine g . . .	0.665			0.565	0.765	2.939
Cystine g . . .	0.291			0.247	0.335	1.286
Phenylalanine g . . .	1.013			0.861	1.165	4.477
Tyrosine g . . .	0.872			0.741	1.003	3.854
Valine g . . .	1.263			1.074	1.452	5.582
Arginine g . . .	1.641			1.395	1.887	7.253
Histidine g . . .	0.889			0.756	1.022	3.929
Alanine g . . .	1.566			1.331	1.801	6.922
Aspartic acid g . . .	2.372			2.016	2.728	10.484
Glutamic acid g . . .	3.901			3.316	4.486	17.242
Glycine g . . .	1.417			1.204	1.630	6.263
Proline g . . .	1.147			0.975	1.319	5.070
Serine g . . .	0.993			0.844	1.142	4.389

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, All grades, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%
				3 oz = 85 g	1 steak raw AP yields 120 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	52.49		44.62	62.99	230.23
Food energy	{ kcal	303		258	364	1,329
	{ kJ	1,268		1,078	1,521	5,560
Protein (N X 6.25)	g	24.47		20.80	29.36	107.30
Total lipid (fat)	g	22.01		18.71	26.41	96.53
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.03		0.88	1.24	4.52
MINERALS:						
Calcium	mg	8		7	10	37
Iron	mg	3.19		2.71	3.82	13.97
Magnesium	mg	23		20	28	102
Phosphorus	mg	207		176	248	907
Potassium	mg	343		291	411	1,504
Sodium	mg	56		47	67	245
Zinc	mg	4.48		3.81	5.38	19.66
Copper	mg	0.152		0.129	0.182	0.667
Manganese	mg	0.014		0.012	0.017	0.061
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.092		0.078	0.110	0.404
Riboflavin	mg	0.278		0.236	0.334	1.219
Niacin	mg	3.055		2.597	3.666	13.399
Pantothenic acid	mg	0.398		0.338	0.478	1.746
Vitamin B ₆	mg	0.34		0.29	0.40	1.47
Folic acid	mcg	7		6	9	32
Vitamin B ₁₂	mcg	2.56		2.18	3.07	11.23
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.01		7.66	10.81	39.51
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.05		0.05	0.06	0.24
12:0	g	0.05		0.04	0.06	0.22
14:0	g	0.67		0.57	0.80	2.92
16:0	g	5.21		4.43	6.25	22.83
18:0	g	2.64		2.24	3.16	11.57
Monounsaturated, total	g	9.38		7.97	11.25	41.12
16:1	g	0.82		0.69	0.98	3.58
18:1	g	8.16		6.94	9.79	35.80
20:1	g	0.03		0.03	0.04	0.14
22:1	g					
Polyunsaturated, total	g	0.85		0.72	1.02	3.73
18:2	g	0.58		0.49	0.69	2.53
18:3	g	0.21		0.18	0.26	0.94
18:4	g					
20:4	g	0.04		0.04	0.05	0.18
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	87		74	105	383
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.274		0.233	0.329	1.202
Threonine	g	1.069		0.909	1.283	4.689
Isoleucine	g	1.100		0.935	1.320	4.825
Leucine	g	1.934		1.644	2.321	8.483
Lysine	g	2.035		1.730	2.442	8.926
Methionine	g	0.626		0.532	0.751	2.746
Cystine	g	0.274		0.233	0.329	1.202
Phenylalanine	g	0.955		0.812	1.146	4.189
Tyrosine	g	0.822		0.699	0.986	3.605
Valine	g	1.190		1.012	1.428	5.219
Arginine	g	1.546		1.314	1.855	6.781
Histidine	g	0.838		0.712	1.006	3.675
Alanine	g	1.476		1.255	1.771	6.474
Aspartic acid	g	2.235		1.900	2.682	9.803
Glutamic acid	g	3.675		3.124	4.410	16.119
Glycine	g	1.335		1.135	1.602	5.855
Proline	g	1.080		0.918	1.296	4.737
Serine	g	0.935		0.795	1.122	4.101

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 2%
				1 lb = 453.6 g	1 steak = 159 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	61.99		281.20	98.57	275.55
Food energy	{ kcal . . . kJ . . .	246 1,028		1,115 4,664	391 1,635	1,092 4,570
Protein (N X6.25)	g . . .	18.48		83.82	29.38	82.14
Total lipid (fat)	g . . .	18.50		83.89	29.41	82.21
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.90		4.09	1.43	4.00
MINERALS:						
Calcium	mg . . .	7		30	11	29
Iron	mg . . .	2.40		10.87	3.81	10.65
Magnesium	mg . . .	20		93	33	91
Phosphorus	mg . . .	185		839	294	822
Potassium	mg . . .	312		1,416	496	1,387
Sodium	mg . . .	49		223	78	218
Zinc	mg . . .	3.11		14.12	4.95	13.83
Copper	mg . . .	0.095		0.431	0.151	0.422
Manganese	mg . . .	0.013		0.059	0.021	0.058
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.118		0.535	0.188	0.525
Riboflavin	mg . . .	0.213		0.966	0.339	0.947
Niacin	mg . . .	3.046		13.817	4.843	13.539
Pantothenic acid	mg . . .	0.310		1.406	0.493	1.378
Vitamin B ₆	mg . . .	0.38		1.73	0.61	1.70
Folacin	mcg . . .	6		28	10	28
Vitamin B ₁₂	mcg . . .	2.64		11.97	4.19	11.73
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	7.87		35.70	12.51	34.98
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.06		0.26	0.09	0.26
12:0	g . . .	0.04		0.18	0.06	0.18
14:0	g . . .	0.57		2.58	0.90	2.53
16:0	g . . .	4.45		20.17	7.07	19.76
18:0	g . . .	2.34		10.61	3.72	10.40
Monounsaturated, total	g . . .	8.12		36.85	12.92	36.11
16:1	g . . .	0.86		3.89	1.36	3.81
18:1	g . . .	6.91		31.33	10.98	30.71
20:1	g . . .	0.02		0.10	0.03	0.10
22:1	g . . .					
Polyunsaturated, total	g . . .	0.73		3.33	1.17	3.26
18:2	g . . .	0.47		2.14	0.75	2.09
18:3	g . . .	0.21		0.97	0.34	0.95
18:4	g . . .					
20:4	g . . .	0.03		0.15	0.05	0.15
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	69		314	110	307
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.207		0.939	0.329	0.920
Threonine	g . . .	0.807		3.661	1.283	3.587
Isoleucine	g . . .	0.831		3.769	1.321	3.694
Leucine	g . . .	1.460		6.623	2.321	6.490
Lysine	g . . .	1.537		6.972	2.444	6.832
Methionine	g . . .	0.473		2.146	0.752	2.102
Cystine	g . . .	0.207		0.939	0.329	0.920
Phenylalanine	g . . .	0.721		3.270	1.146	3.205
Tyrosine	g . . .	0.621		2.817	0.987	2.760
Valine	g . . .	0.899		4.078	1.429	3.996
Arginine	g . . .	1.168		5.298	1.857	5.192
Histidine	g . . .	0.633		2.871	1.006	2.814
Alanine	g . . .	1.114		5.053	1.771	4.952
Aspartic acid	g . . .	1.688		7.657	2.684	7.503
Glutamic acid	g . . .	2.776		12.592	4.414	12.339
Glycine	g . . .	1.008		4.572	1.603	4.481
Proline	g . . .	0.816		3.701	1.297	3.627
Serine	g . . .	0.706		3.202	1.123	3.138

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 2%
				3 oz = 85 g	1 steak raw AP yields 116 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	54.63		46.43	63.37	243.32
Food energy	{ kcal . . . kJ . . .	271 1,133		230 963	314 1,315	1,207 5,048
Protein (N X6.25)	g . . .	25.87		21.99	30.01	115.23
Total lipid (fat)	g . . .	17.79		15.12	20.63	79.22
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.19		1.01	1.38	5.29
MINERALS:						
Calcium	mg . . .	8		6	9	34
Iron	mg . . .	3.24		2.76	3.76	14.44
Magnesium	mg . . .	27		23	32	121
Phosphorus	mg . . .	216		184	251	964
Potassium	mg . . .	379		322	439	1,686
Sodium	mg . . .	60		51	70	269
Zinc	mg . . .	5.02		4.27	5.83	22.37
Copper	mg . . .	0.167		0.142	0.194	0.744
Manganese	mg . . .	0.015		0.013	0.017	0.067
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.117		0.099	0.136	0.521
Riboflavin	mg . . .	0.269		0.229	0.312	1.198
Niacin	mg . . .	3.602		3.062	4.178	16.043
Pantothenic acid	mg . . .	0.347		0.295	0.403	1.546
Vitamin B ₆	mg . . .	0.40		0.34	0.46	1.78
Folacin	mcg . . .	7		6	8	31
Vitamin B ₁₂	mcg . . .	2.44		2.08	2.83	10.88
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	7.25		6.16	8.41	32.29
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.04		0.03	0.05	0.18
12:0	g . . .	0.04		0.03	0.04	0.16
14:0	g . . .	0.53		0.45	0.61	2.36
16:0	g . . .	4.17		3.55	4.84	18.59
18:0	g . . .	2.15		1.82	2.49	9.56
Monounsaturated, total	g . . .	7.52		6.39	8.72	33.49
16:1	g . . .	0.65		0.55	0.75	2.87
18:1	g . . .	6.56		5.58	7.61	29.24
20:1	g . . .	0.02		0.02	0.03	0.10
22:1	g . . .					
Polyunsaturated, total	g . . .	0.69		0.58	0.79	3.05
18:2	g . . .	0.47		0.40	0.55	2.10
18:3	g . . .	0.16		0.14	0.19	0.72
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.04	0.16
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	86		73	100	382
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.290		0.247	0.336	1.292
Threonine	g . . .	1.130		0.961	1.311	5.033
Isoleucine	g . . .	1.163		0.989	1.349	5.180
Leucine	g . . .	2.045		1.738	2.372	9.108
Lysine	g . . .	2.152		1.829	2.496	9.585
Methionine	g . . .	0.662		0.563	0.768	2.949
Cystine	g . . .	0.290		0.247	0.336	1.292
Phenylalanine	g . . .	1.010		0.859	1.172	4.499
Tyrosine	g . . .	0.869		0.739	1.008	3.871
Valine	g . . .	1.258		1.069	1.459	5.603
Arginine	g . . .	1.635		1.390	1.897	7.282
Histidine	g . . .	0.886		0.753	1.028	3.946
Alanine	g . . .	1.560		1.326	1.810	6.948
Aspartic acid	g . . .	2.363		2.009	2.741	10.525
Glutamic acid	g . . .	3.887		3.304	4.509	17.313
Glycine	g . . .	1.411		1.199	1.637	6.285
Proline	g . . .	1.142		0.971	1.325	5.086
Serine	g . . .	0.989		0.841	1.147	4.405

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Choice, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 3%
				3 oz = 85 g	1 steak raw AP yields 120 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	51.96		44.17	62.35	227.90
Food energy	{ kcal . . .	308		262	370	1,352
	{ kJ . . .	1,290		1,096	1,548	5,656
Protein (N X6, 25)	g . . .	24.38		20.72	29.26	106.94
Total lipid (fat)	g . . .	22.63		19.24	27.16	99.26
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.03		0.87	1.23	4.50
MINERALS:						
Calcium	mg . . .	8		7	10	37
Iron	mg . . .	3.17		2.70	3.81	13.91
Magnesium	mg . . .	23		20	28	101
Phosphorus	mg . . .	206		175	247	904
Potassium	mg . . .	341		290	410	1,498
Sodium	mg . . .	56		47	67	245
Zinc	mg . . .	4.47		3.80	5.36	19.58
Copper	mg . . .	0.152		0.129	0.182	0.667
Manganese	mg . . .	0.014		0.012	0.017	0.061
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.091		0.077	0.109	0.399
Riboflavin	mg . . .	0.276		0.235	0.331	1.211
Niacin	mg . . .	3.046		2.589	3.655	13.360
Pantothenic acid	mg . . .	0.396		0.337	0.475	1.737
Vitamin B ₆	mg . . .	0.34		0.28	0.40	1.47
Folic acid	mcg . . .	7		6	9	32
Vitamin B ₁₂	mcg . . .	2.55		2.17	3.06	11.20
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	9.26		7.87	11.11	40.62
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.06		0.05	0.07	0.24
12:0	g . . .	0.05		0.04	0.06	0.22
14:0	g . . .	0.68		0.58	0.82	3.00
16:0	g . . .	5.35		4.55	6.42	23.47
18:0	g . . .	2.71		2.31	3.25	11.89
Monounsaturated, total	g . . .	9.64		8.19	11.56	42.27
16:1	g . . .	0.84		0.71	1.01	3.68
18:1	g . . .	8.39		7.13	10.07	36.80
20:1	g . . .	0.03		0.03	0.04	0.14
22:1	g . . .					
Polyunsaturated, total	g . . .	0.87		0.74	1.05	3.83
18:2	g . . .	0.59		0.50	0.71	2.60
18:3	g . . .	0.22		0.19	0.26	0.96
18:4	g . . .					
20:4	g . . .	0.04		0.04	0.05	0.19
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	87		74	105	383
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.273		0.232	0.328	1.197
Threonine	g . . .	1.065		0.905	1.278	4.671
Isoleucine	g . . .	1.096		0.932	1.315	4.807
Leucine	g . . .	1.927		1.638	2.312	8.452
Lysine	g . . .	2.028		1.724	2.434	8.895
Methionine	g . . .	0.624		0.530	0.749	2.737
Cystine	g . . .	0.273		0.232	0.328	1.197
Phenylalanine	g . . .	0.952		0.809	1.142	4.175
Tyrosine	g . . .	0.819		0.696	0.983	3.592
Valine	g . . .	1.186		1.008	1.423	5.202
Arginine	g . . .	1.541		1.310	1.849	6.759
Histidine	g . . .	0.835		0.710	1.002	3.662
Alanine	g . . .	1.470		1.250	1.764	6.447
Aspartic acid	g . . .	2.227		1.893	2.672	9.768
Glutamic acid	g . . .	3.662		3.113	4.394	16.062
Glycine	g . . .	1.330		1.131	1.596	5.833
Proline	g . . .	1.076		0.915	1.291	4.719
Serine	g . . .	0.932		0.792	1.118	4.088

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 2%
				1 lb = 453.6 g	1 steak = 158 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	63.34			287.31	100.08	280.16
Food energy { <i>kcal</i> . . .	230			1,045	364	1,019
Protein (N X6.25) g . . .	964			4,372	1,523	4,263
Total lipid (fat) g . . .	18.68			84.73	29.51	82.62
Carbohydrate, total g . . .	16.70			75.73	26.38	73.85
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.00			0.00	0.00	0.00
	0.91			4.14	1.44	4.04
MINERALS:						
Calcium mg . . .	7			30	10	29
Iron mg . . .	2.43			11.01	3.84	10.74
Magnesium mg . . .	21			94	33	92
Phosphorus mg . . .	187			850	296	828
Potassium mg . . .	317			1,437	501	1,402
Sodium mg . . .	49			224	78	219
Zinc mg . . .	3.15			14.31	4.98	13.95
Copper mg . . .	0.097			0.440	0.153	0.429
Manganese mg . . .	0.013			0.059	0.021	0.057
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.120			0.544	0.190	0.531
Riboflavin mg . . .	0.216			0.980	0.341	0.955
Niacin mg . . .	3.078			13.962	4.863	13.614
Pantothenic acid mg . . .	0.313			1.420	0.495	1.384
Vitamin B ₆ mg . . .	0.39			1.75	0.61	1.71
Folic acid mcg . . .	6			29	10	28
Vitamin B ₁₂ mcg . . .	2.66			12.07	4.20	11.77
Vitamin A { <i>RE</i> . . .	--			--	--	--
	{ <i>IU</i> . . .			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	7.11			32.24	11.23	31.43
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.05			0.24	0.08	0.23
12:0 g . . .	0.04			0.16	0.06	0.16
14:0 g . . .	0.52			2.34	0.81	2.28
16:0 g . . .	4.02			18.22	6.35	17.77
18:0 g . . .	2.11			9.58	3.34	9.34
Monounsaturated, total g . . .	7.34			33.29	11.60	32.46
16:1 g . . .	0.78			3.53	1.23	3.44
18:1 g . . .	6.24			28.30	9.86	27.60
20:1 g . . .	0.02			0.09	0.03	0.09
22:1 g . . .						
Polyunsaturated, total g . . .	0.66			3.00	1.04	2.92
18:2 g . . .	0.42			1.92	0.67	1.87
18:3 g . . .	0.20			0.88	0.31	0.86
18:4 g . . .						
20:4 g . . .	0.03			0.13	0.05	0.13
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	69			311	108	303
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.209			0.948	0.330	0.924
Threonine g . . .	0.816			3.701	1.289	3.609
Isoleucine g . . .	0.840			3.810	1.327	3.715
Leucine g . . .	1.476			6.695	2.332	6.528
Lysine g . . .	1.554			7.049	2.455	6.873
Methionine g . . .	0.478			2.168	0.755	2.114
Cystine g . . .	0.209			0.948	0.330	0.924
Phenylalanine g . . .	0.729			3.307	1.152	3.224
Tyrosine g . . .	0.627			2.844	0.991	2.773
Valine g . . .	0.908			4.119	1.435	4.016
Arginine g . . .	1.180			5.352	1.864	5.219
Histidine g . . .	0.639			2.899	1.010	2.826
Alanine g . . .	1.126			5.108	1.779	4.980
Aspartic acid g . . .	1.706			7.738	2.695	7.546
Glutamic acid g . . .	2.806			12.728	4.433	12.411
Glycine g . . .	1.019			4.622	1.610	4.507
Proline g . . .	0.825			3.742	1.304	3.649
Serine g . . .	0.714			3.239	1.128	3.158

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				3 oz = 85 g	1 steak raw yields 113 g	AP EP ¹
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	55.93		47.54	63.20	242.78
Food energy	{ kcal kJ	254 1,061		216 902	286 1,199	1,101 4,605
Protein (N X 6.25)	g	26.15		22.23	29.55	113.53
Total lipid (fat)	g	15.73		13.37	17.77	68.27
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.20		1.02	1.36	5.21
MINERALS:						
Calcium	mg	8		6	9	33
Iron	mg	3.28		2.79	3.71	14.25
Magnesium	mg	28		23	31	120
Phosphorus	mg	219		186	247	951
Potassium	mg	383		326	433	1,664
Sodium	mg	61		52	69	264
Zinc	mg	5.09		4.33	5.75	22.10
Copper	mg	0.168		0.143	0.190	0.729
Manganese	mg	0.015		0.013	0.017	0.065
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.118		0.100	0.133	0.512
Riboflavin	mg	0.273		0.232	0.308	1.185
Niacin	mg	3.640		3.094	4.113	15.801
Pantothenic acid	mg	0.351		0.298	0.397	1.524
Vitamin B ₆	mg	0.40		0.34	0.46	1.75
Folic acid	mcg	7		6	8	30
Vitamin B ₁₂	mcg	2.46		2.09	2.78	10.67
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.41		5.45	7.24	27.81
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.03	0.04	0.15
12:0	g	0.03		0.03	0.04	0.14
14:0	g	0.47		0.40	0.53	2.03
16:0	g	3.69		3.14	4.17	16.01
18:0	g	1.90		1.61	2.15	8.24
Monounsaturated, total	g	6.65		5.65	7.51	28.85
16:1	g	0.57		0.48	0.64	2.47
18:1	g	5.80		4.93	6.56	25.19
20:1	g	0.02		0.02	0.02	0.09
22:1	g					
Polyunsaturated, total	g	0.61		0.52	0.69	2.63
18:2	g	0.42		0.35	0.47	1.81
18:3	g	0.14		0.12	0.16	0.63
18:4	g					
20:4	g	0.03		0.03	0.04	0.14
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	86		73	97	372
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.293		0.249	0.331	1.272
Threonine	g	1.142		0.971	1.290	4.957
Isoleucine	g	1.176		1.000	1.329	5.105
Leucine	g	2.067		1.757	2.336	8.973
Lysine	g	2.176		1.850	2.459	9.446
Methionine	g	0.669		0.569	0.756	2.904
Cystine	g	0.293		0.249	0.331	1.272
Phenylalanine	g	1.021		0.868	1.154	4.432
Tyrosine	g	0.879		0.747	0.993	3.816
Valine	g	1.272		1.081	1.437	5.522
Arginine	g	1.653		1.405	1.868	7.176
Histidine	g	0.895		0.761	1.011	3.885
Alanine	g	1.577		1.340	1.782	6.846
Aspartic acid	g	2.389		2.031	2.700	10.371
Glutamic acid	g	3.929		3.340	4.440	17.056
Glycine	g	1.427		1.213	1.613	6.195
Proline	g	1.155		0.982	1.305	5.014
Serine	g	1.000		0.850	1.130	4.341

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				3 oz = 85 g	1 steak raw AP yields 119 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	53.99		45.89	64.24	234.57
Food energy	{ kcal . . . kJ . . .	288 1,207		245 1,026	343 1,436	1,253 5,244
Protein (N X6, 25)	g . . .	24.67		20.97	29.35	107.18
Total lipid (fat)	g . . .	20.31		17.26	24.16	88.23
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		0.88	1.24	4.51
MINERALS:						
Calcium	mg . . .	8		7	10	36
Iron	mg . . .	3.22		2.73	3.83	13.98
Magnesium	mg . . .	23		20	28	102
Phosphorus	mg . . .	209		177	248	907
Potassium	mg . . .	346		294	412	1,504
Sodium	mg . . .	56		48	67	244
Zinc	mg . . .	4.53		3.85	5.39	19.68
Copper	mg . . .	0.153		0.130	0.182	0.665
Manganese	mg . . .	0.015		0.013	0.018	0.065
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.092		0.078	0.109	0.400
Riboflavin	mg . . .	0.280		0.238	0.333	1.217
Niacin	mg . . .	3.077		2.615	3.662	13.370
Pantothenic acid	mg . . .	0.401		0.341	0.477	1.742
Vitamin B ₆	mg . . .	0.34		0.29	0.40	1.47
Folacin	mcg . . .	7		6	9	32
Vitamin B ₁₂	mcg . . .	2.57		2.19	3.06	11.18
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	8.31		7.07	9.89	36.12
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.05		0.04	0.06	0.22
12:0	g . . .	0.05		0.04	0.05	0.20
14:0	g . . .	0.61		0.52	0.73	2.67
16:0	g . . .	4.81		4.09	5.72	20.89
18:0	g . . .	2.43		2.07	2.89	10.56
Monounsaturated, total	g . . .	8.66		7.36	10.30	37.61
16:1	g . . .	0.76		0.64	0.90	3.28
18:1	g . . .	7.53		6.40	8.97	32.74
20:1	g . . .	0.03		0.02	0.03	0.12
22:1	g . . .					
Polyunsaturated, total	g . . .	0.78		0.67	0.93	3.40
18:2	g . . .	0.53		0.45	0.63	2.30
18:3	g . . .	0.20		0.17	0.24	0.86
18:4	g . . .					
20:4	g . . .	0.04		0.03	0.05	0.17
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	87		74	104	379
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.276		0.235	0.328	1.199
Threonine	g . . .	1.077		0.915	1.282	4.680
Isoleucine	g . . .	1.109		0.943	1.320	4.819
Leucine	g . . .	1.949		1.657	2.319	8.468
Lysine	g . . .	2.052		1.744	2.442	8.916
Methionine	g . . .	0.631		0.536	0.751	2.742
Cystine	g . . .	0.276		0.235	0.328	1.199
Phenylalanine	g . . .	0.963		0.819	1.146	4.184
Tyrosine	g . . .	0.829		0.705	0.987	3.602
Valine	g . . .	1.200		1.020	1.428	5.214
Arginine	g . . .	1.559		1.325	1.855	6.774
Histidine	g . . .	0.844		0.717	1.004	3.667
Alanine	g . . .	1.488		1.265	1.771	6.465
Aspartic acid	g . . .	2.253		1.915	2.681	9.789
Glutamic acid	g . . .	3.705		3.149	4.409	16.098
Glycine	g . . .	1.346		1.144	1.602	5.848
Proline	g . . .	1.089		0.926	1.296	4.732
Serine	g . . .	0.943		0.802	1.122	4.097

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				1 lb = 453.6 g	1 steak = 156 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	58.14		263.70	90.69	253.41
Food energy	{ kcal . . . kJ . . .	288 1,207		1,308 5,474	450 1,883	1,257 5,261
Protein (N X6.25)	g . . .	17.80		80.74	27.77	77.59
Total lipid (fat)	g . . .	23.55		106.83	36.74	102.66
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.86		3.90	1.34	3.75
MINERALS:						
Calcium	mg . . .	7		31	11	30
Iron	mg . . .	2.29		10.37	3.57	9.97
Magnesium	mg . . .	19		88	30	84
Phosphorus	mg . . .	177		804	277	773
Potassium	mg . . .	296		1,342	461	1,289
Sodium	mg . . .	48		217	75	208
Zinc	mg . . .	2.97		13.49	4.64	12.96
Copper	mg . . .	0.091		0.413	0.142	0.397
Manganese	mg . . .	0.012		0.054	0.019	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.113		0.513	0.176	0.493
Riboflavin	mg . . .	0.204		0.925	0.318	0.889
Niacin	mg . . .	2.938		13.327	4.583	12.807
Pantothenic acid	mg . . .	0.298		1.352	0.465	1.299
Vitamin B ₆	mg . . .	0.37		1.67	0.57	1.60
Folic acid	mcg . . .	6		27	9	26
Vitamin B ₁₂	mcg . . .	2.56		11.61	3.99	11.16
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.04		45.53	15.66	43.75
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.34	0.12	0.33
12:0	g . . .	0.05		0.24	0.08	0.23
14:0	g . . .	0.73		3.30	1.14	3.17
16:0	g . . .	5.67		25.72	8.85	24.72
18:0	g . . .	2.98		13.51	4.65	12.99
Monounsaturated, total	g . . .	10.36		47.00	16.16	45.17
16:1	g . . .	1.10		4.99	1.72	4.79
18:1	g . . .	8.80		39.93	13.73	38.38
20:1	g . . .	0.03		0.13	0.05	0.13
22:1	g . . .					
Polyunsaturated, total	g . . .	0.93		4.24	1.46	4.07
18:2	g . . .	0.60		2.70	0.93	2.60
18:3	g . . .	0.28		1.25	0.43	1.20
18:4	g . . .					
20:4	g . . .	0.04		0.19	0.06	0.18
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	71		322	111	310
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.199		0.903	0.310	0.867
Threonine	g . . .	0.778		3.529	1.214	3.391
Isoleucine	g . . .	0.800		3.629	1.248	3.487
Leucine	g . . .	1.407		6.382	2.195	6.133
Lysine	g . . .	1.481		6.718	2.310	6.456
Methionine	g . . .	0.456		2.068	0.711	1.988
Cystine	g . . .	0.199		0.903	0.310	0.867
Phenylalanine	g . . .	0.695		3.153	1.084	3.030
Tyrosine	g . . .	0.598		2.713	0.933	2.607
Valine	g . . .	0.866		3.928	1.351	3.775
Arginine	g . . .	1.125		5.103	1.755	4.904
Histidine	g . . .	0.609		2.762	0.950	2.655
Alanine	g . . .	1.074		4.872	1.675	4.682
Aspartic acid	g . . .	1.626		7.376	2.537	7.088
Glutamic acid	g . . .	2.674		12.129	4.171	11.656
Glycine	g . . .	0.971		4.404	1.515	4.233
Proline	g . . .	0.786		3.565	1.226	3.426
Serine	g . . .	0.681		3.089	1.062	2.968

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 steak raw AP yields 114 g	Refuse: Connective tissue 4%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	50.99		43.34	58.13	222.98
Food energy	{ kcal kJ	318 1,329		270 1,130	362 1,515	1,389 5,812
Protein (N X6.25)	g	24.89		21.15	28.37	108.83
Total lipid (fat)	g	23.43		19.92	26.71	102.48
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.14		0.97	1.30	4.99
MINERALS:						
Calcium	mg	8		7	9	35
Iron	mg	3.10		2.64	3.53	13.56
Magnesium	mg	26		22	29	113
Phosphorus	mg	207		176	236	907
Potassium	mg	362		307	412	1,582
Sodium	mg	59		50	67	259
Zinc	mg	4.79		4.07	5.46	20.94
Copper	mg	0.162		0.138	0.185	0.708
Manganese	mg	0.015		0.013	0.017	0.066
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.111		0.094	0.127	0.485
Riboflavin	mg	0.258		0.219	0.294	1.128
Niacin	mg	3.469		2.949	3.955	15.170
Pantothenic acid	mg	0.334		0.284	0.381	1.461
Vitamin B ₆	mg	0.38		0.32	0.44	1.67
Folic acid	mcg	7		6	8	29
Vitamin B ₁₂	mcg	2.39		2.03	2.72	10.45
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.59		8.15	10.93	41.94
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.06		0.05	0.06	0.25
12:0	g	0.05		0.05	0.06	0.23
14:0	g	0.71		0.60	0.81	3.09
16:0	g	5.54		4.71	6.31	24.21
18:0	g	2.81		2.39	3.21	12.30
Monounsaturated, total	g	9.97		8.48	11.37	43.61
16:1	g	0.87		0.74	0.99	3.79
18:1	g	8.69		7.38	9.90	37.98
20:1	g	0.03		0.03	0.04	0.14
22:1	g					
Polyunsaturated, total	g	0.91		0.77	1.03	3.96
18:2	g	0.61		0.52	0.70	2.69
18:3	g	0.23		0.19	0.26	0.99
20:4	g					
20:5	g	0.05		0.04	0.05	0.20
22:5	g					
22:6	g					
Cholesterol	mg	86		73	99	378
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.279		0.237	0.318	1.220
Threonine	g	1.087		0.924	1.239	4.753
Isoleucine	g	1.119		0.951	1.276	4.893
Leucine	g	1.967		1.672	2.242	8.602
Lysine	g	2.071		1.760	2.361	9.056
Methionine	g	0.637		0.541	0.726	2.786
Cystine	g	0.279		0.237	0.318	1.220
Phenylalanine	g	0.972		0.826	1.108	4.251
Tyrosine	g	0.836		0.711	0.953	3.656
Valine	g	1.211		1.029	1.381	5.296
Arginine	g	1.573		1.337	1.793	6.879
Histidine	g	0.852		0.724	0.971	3.726
Alanine	g	1.501		1.276	1.711	6.564
Aspartic acid	g	2.274		1.933	2.592	9.944
Glutamic acid	g	3.739		3.178	4.262	16.351
Glycine	g	1.358		1.154	1.548	5.939
Proline	g	1.099		0.934	1.253	4.806
Serine	g	0.952		0.809	1.085	4.163

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN AND FAT, Prime, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse, tissue %	Connective tissue %
				3 oz	1 steak raw AP		
				= 85 g	yields 116 g EP ¹		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	46.93		39.89	54.44	199.26	
Food energy	{ kcal . . . kJ . . .	358 1,500		305 1,275	416 1,740	1,522 6,368	
Protein (N X6.25)	g . . .	23.44		19.92	27.18	99.51	
Total lipid (fat)	g . . .	28.65		24.35	33.23	121.64	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	0.99		0.84	1.14	4.19	
MINERALS:							
Calcium	mg . . .	9		7	10	37	
Iron	mg . . .	3.03		2.57	3.51	12.85	
Magnesium	mg . . .	22		19	25	93	
Phosphorus	mg . . .	197		168	229	837	
Potassium	mg . . .	326		277	378	1,385	
Sodium	mg . . .	55		47	63	232	
Zinc	mg . . .	4.25		3.62	4.93	18.06	
Copper	mg . . .	0.147		0.125	0.171	0.624	
Manganese	mg . . .	0.014		0.012	0.016	0.059	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.087		0.074	0.101	0.369	
Riboflavin	mg . . .	0.264		0.224	0.306	1.121	
Niacin	mg . . .	2.943		2.502	3.414	12.496	
Pantothenic acid	mg . . .	0.379		0.322	0.440	1.609	
Vitamin B ₆	mg . . .	0.32		0.27	0.37	1.36	
Folic acid	mcg . . .	7		6	8	29	
Vitamin B ₁₂	mcg . . .	2.49		2.12	2.89	10.57	
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	11.74		9.98	13.62	49.85	
4:0	g . . .					0.30	
6:0	g . . .					0.28	
8:0	g . . .					3.69	
10:0	g . . .	0.07		0.06	0.08	28.84	
12:0	g . . .	0.07		0.06	0.08	14.54	
14:0	g . . .	0.87		0.74	1.01	51.94	
16:0	g . . .	6.79		5.77	7.88	4.55	
18:0	g . . .	3.43		2.91	3.97	45.18	
Monounsaturated, total	g . . .	12.23		10.40	14.19	0.18	
16:1	g . . .	1.07		0.91	1.24	4.70	
18:1	g . . .	10.64		9.04	12.34	3.17	
20:1	g . . .	0.04		0.04	0.05	1.21	
22:1	g . . .					0.22	
Polyunsaturated, total	g . . .	1.11		0.94	1.28		
18:2	g . . .	0.75		0.63	0.87		
18:3	g . . .	0.28		0.24	0.33		
18:4	g . . .						
20:4	g . . .	0.05		0.04	0.06		
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	88		75	102	373	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.262		0.223	0.304	1.112	
Threonine	g . . .	1.023		0.870	1.187	4.344	
Isoleucine	g . . .	1.053		0.895	1.221	4.471	
Leucine	g . . .	1.852		1.574	2.148	7.864	
Lysine	g . . .	1.949		1.657	2.261	8.275	
Methionine	g . . .	0.600		0.510	0.696	2.548	
Cystine	g . . .	0.262		0.223	0.304	1.112	
Phenylalanine	g . . .	0.915		0.778	1.061	3.885	
Tyrosine	g . . .	0.787		0.669	0.913	3.342	
Valine	g . . .	1.140		0.969	1.322	4.840	
Arginine	g . . .	1.481		1.259	1.718	6.288	
Histidine	g . . .	0.802		0.682	0.930	3.405	
Alanine	g . . .	1.413		1.201	1.639	6.000	
Aspartic acid	g . . .	2.141		1.820	2.484	9.091	
Glutamic acid	g . . .	3.520		2.992	4.083	14.946	
Glycine	g . . .	1.278		1.086	1.482	5.426	
Proline	g . . .	1.035		0.880	1.201	4.395	
Serine	g . . .	0.896		0.762	1.039	3.804	

¹Yield from 5.7 oz (162 g) raw steak with refuse.

¹Standard error of estimate.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, All grades, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse	
				3 oz = 85 g	1 steak raw yields 100 g	AP tissue 3%, separable fat 13%	Connective fat 13%
A	B	C	D	E	F	G	
PROXIMATE:							
Water g	60.44	0.730	10 ²	51.37	60.44	231.47	
Food energy kcal	204			174	204	783	
Food energy kJ	855			727	855	3,275	
Protein (N X6.25) g	28.25	0.494	10	24.01	28.25	108.19	
Total lipid (fat) g	9.28	0.418	7 ²	7.89	9.28	35.54	
Carbohydrate, total g	0.00			0.00	0.00	0.00	
Crude fiber g	0.00			0.00	0.00	0.00	
Ash g	1.30	0.028	10	1.11	1.30	4.99	
MINERALS:							
Calcium mg	7	0.845	9	6	7	25	
Iron mg	3.58	0.241	9	3.05	3.58	13.73	
Magnesium mg	30	0.509	9	26	30	117	
Phosphorus mg	238			203	238	913	
Potassium mg	419	5.553	9	356	419	1,605	
Sodium mg	63	5.260	9	54	63	243	
Zinc mg	5.59	0.218	8	4.75	5.59	21.41	
Copper mg	0.179	0.009	8	0.152	0.179	0.686	
Manganese mg	0.017			0.014	0.017	0.065	
VITAMINS:							
Ascorbic acid mg	0.0			0.0	0.0	0.0	
Thiamin mg	0.130	0.009	10	0.111	0.130	0.498	
Riboflavin mg	0.298	0.011	9	0.253	0.298	1.141	
Niacin mg	3.922	0.181	10	3.334	3.922	15.021	
Pantothenic acid mg	0.378			0.321	0.378	1.448	
Vitamin B ₆ mg	0.44			0.37	0.44	1.69	
Folacin mcg	7	1.671	10	6	7	29	
Vitamin B ₁₂ mcg	2.57	0.385	10	2.19	2.57	9.85	
Vitamin A {RE	--			--	--	--	
Vitamin A {IU	--			--	--	--	
LIPIDS:							
Fatty acids:							
Saturated, total g	3.63			3.08	3.63	13.88	
4:0 g							
6:0 g							
8:0 g							
10:0 g	0.01	0.000	7	0.00	0.01	0.02	
12:0 g	0.01	0.000	7	0.00	0.01	0.02	
14:0 g	0.24	0.022	7	0.20	0.24	0.92	
16:0 g	1.99	0.057	7	1.69	1.99	7.61	
18:0 g	1.22	0.092	7	1.03	1.22	4.66	
Monounsaturated, total g	3.61			3.07	3.61	13.83	
16:1 g	0.25	0.021	7	0.21	0.25	0.95	
18:1 g	3.25	0.067	7	2.76	3.25	12.44	
20:1 g	0.00	0.000	7	0.00	0.00	0.00	
22:1 g							
Polyunsaturated, total g	0.37			0.31	0.37	1.40	
18:2 g	0.28	0.016	7	0.24	0.28	1.08	
18:3 g	0.03	0.006	7	0.02	0.03	0.10	
18:4 g							
20:4 g	0.04	0.011	7	0.04	0.04	0.15	
20:5 g							
22:5 g							
22:6 g							
Cholesterol mg	84	2.363	7	72	84	323	
Phytosterols mg							
AMINO ACIDS:							
Tryptophan g	0.316			0.269	0.316	1.210	
Threonine g	1.234			1.049	1.234	4.726	
Isoleucine g	1.270			1.080	1.270	4.864	
Leucine g	2.233			1.898	2.233	8.552	
Lysine g	2.350			1.998	2.350	9.001	
Methionine g	0.723			0.615	0.723	2.769	
Cystine g	0.316			0.269	0.316	1.210	
Phenylalanine g	1.103			0.938	1.103	4.224	
Tyrosine g	0.949			0.807	0.949	3.635	
Valine g	1.374			1.168	1.374	5.262	
Arginine g	1.785			1.517	1.785	6.837	
Histidine g	0.967			0.822	0.967	3.704	
Alanine g	1.704			1.448	1.704	6.526	
Aspartic acid g	2.581			2.194	2.581	9.885	
Glutamic acid g	4.244			3.607	4.244	16.255	
Glycine g	1.541			1.310	1.541	5.902	
Proline g	1.248			1.061	1.248	4.780	
Serine g	1.080			0.918	1.080	4.136	

¹Yield from 5.7 oz (162 g) raw steak with refuse.²Standard error of estimate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 3%, separable fat 18%	
				3 oz = 85 g	1 steak raw yields 98 g	AP ¹	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	60.04		51.03	58.84	215.42	
Food energy	{ kcal kJ	219 917		186 779	215 899	786 3,290	
Protein (N X6, 25)	g	27.54		23.41	26.99	98.81	
Total lipid (fat)	g	11.26		9.57	11.03	40.40	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.16		0.99	1.14	4.16	
MINERALS:							
Calcium	mg	7		6	7	26	
Iron	mg	3.66		3.11	3.59	13.13	
Magnesium	mg	27		23	26	96	
Phosphorus	mg	236		201	231	847	
Potassium	mg	393		334	385	1,409	
Sodium	mg	59		50	58	212	
Zinc	mg	5.17		4.39	5.07	18.55	
Copper	mg	0.167		0.142	0.164	0.599	
Manganese	mg	0.016		0.014	0.016	0.057	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.105		0.089	0.103	0.377	
Riboflavin	mg	0.320		0.272	0.314	1.148	
Niacin	mg	3.390		2.882	3.322	12.163	
Pantothenic acid	mg	0.453		0.385	0.444	1.625	
Vitamin B ₆	mg	0.38		0.32	0.37	1.36	
Folic acid	mcg	8		7	8	29	
Vitamin B ₁₂	mcg	2.77		2.35	2.71	9.94	
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.40		3.74	4.31	15.78	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.01	0.01	0.02	
12:0	g	0.01		0.01	0.01	0.02	
14:0	g	0.29		0.25	0.29	1.04	
16:0	g	2.41		2.05	2.36	8.65	
18:0	g	1.48		1.25	1.45	5.29	
Monounsaturated, total	g	4.38		3.72	4.29	15.72	
16:1	g	0.30		0.26	0.30	1.08	
18:1	g	3.94		3.35	3.86	14.13	
20:1	g	0.00		0.00	0.00	0.00	
22:1	g						
Polyunsaturated, total	g	0.44		0.38	0.44	1.59	
18:2	g	0.34		0.29	0.34	1.23	
18:3	g	0.03		0.03	0.03	0.11	
20:4	g						
20:5	g	0.05		0.04	0.05	0.18	
22:5	g						
22:6	g						
Cholesterol	mg	86		73	84	307	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.308		0.262	0.302	1.105	
Threonine	g	1.203		1.023	1.179	4.316	
Isoleucine	g	1.238		1.052	1.213	4.442	
Leucine	g	2.177		1.850	2.133	7.811	
Lysine	g	2.291		1.947	2.245	8.220	
Methionine	g	0.705		0.599	0.691	2.530	
Cystine	g	0.308		0.262	0.302	1.105	
Phenylalanine	g	1.075		0.914	1.054	3.857	
Tyrosine	g	0.925		0.786	0.907	3.319	
Valine	g	1.339		1.138	1.312	4.804	
Arginine	g	1.740		1.479	1.705	6.243	
Histidine	g	0.943		0.802	0.924	3.383	
Alanine	g	1.661		1.412	1.628	5.960	
Aspartic acid	g	2.516		2.139	2.466	9.027	
Glutamic acid	g	4.137		3.516	4.054	14.844	
Glycine	g	1.502		1.277	1.472	5.389	
Proline	g	1.216		1.034	1.192	4.363	
Serine	g	1.053		0.895	1.032	3.778	

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%, separable fat 1.8%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	71.35			323.65	20.23	259.22
Food energy { kcal . .	150			679	42	544
{ kJ . . .	626			2,841	178	2,276
Protein (N X6, 25) g . . .	20.78			94.26	5.89	75.50
Total lipid (fat) g . . .	6.76			30.66	1.92	24.56
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.04			4.72	0.30	3.78
MINERALS:						
Calcium mg . . .	6			27	2	21
Iron mg . . .	2.77			12.55	0.78	10.05
Magnesium mg . . .	24			111	7	89
Phosphorus mg . . .	211			958	60	767
Potassium mg . . .	367			1,665	104	1,334
Sodium mg . . .	54			243	15	195
Zinc mg . . .	3.59			16.27	1.02	13.03
Copper mg . . .	0.109			0.494	0.031	0.396
Manganese mg . . .	0.014			0.064	0.004	0.051
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.136			0.617	0.039	0.494
Riboflavin mg . . .	0.246			1.116	0.070	0.894
Niacin mg . . .	3.411			15.472	0.967	12.392
Pantothenic acid mg . . .	0.349			1.583	0.099	1.268
Vitamin B ₆ mg . . .	0.43			1.95	0.12	1.56
Folic acid mcg . . .	7			32	2	25
Vitamin B ₁₂ mcg . . .	2.90			13.16	0.82	10.54
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	2.70			12.23	0.76	9.80
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.00			0.01	0.00	0.01
12:0 g . . .	0.00			0.01	0.00	0.01
14:0 g . . .	0.16			0.73	0.05	0.59
16:0 g . . .	1.47			6.67	0.42	5.34
18:0 g . . .	0.89			4.04	0.25	3.24
Monounsaturated, total g . . .	2.69			12.22	0.76	9.79
16:1 g . . .	0.18			0.83	0.05	0.66
18:1 g . . .	2.42			10.98	0.69	8.79
20:1 g . . .	0.00			0.01	0.00	0.01
22:1 g . . .						
Polyunsaturated, total g . . .	0.32			1.46	0.09	1.17
18:2 g . . .	0.24			1.10	0.07	0.88
18:3 g . . .	0.02			0.10	0.01	0.08
18:4 g . . .						
20:4 g . . .	0.04			0.19	0.01	0.15
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	62			283	18	227
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.233			1.057	0.066	0.846
Threonine g . . .	0.908			4.119	0.257	3.299
Isoleucine g . . .	0.934			4.237	0.265	3.393
Leucine g . . .	1.643			7.453	0.466	5.969
Lysine g . . .	1.729			7.843	0.490	6.281
Methionine g . . .	0.532			2.413	0.151	1.933
Cystine g . . .	0.233			1.057	0.066	0.846
Phenylalanine g . . .	0.811			3.679	0.230	2.946
Tyrosine g . . .	0.698			3.166	0.198	2.536
Valine g . . .	1.011			4.586	0.287	3.673
Arginine g . . .	1.313			5.956	0.372	4.770
Histidine g . . .	0.712			3.230	0.202	2.587
Alanine g . . .	1.254			5.688	0.356	4.556
Aspartic acid g . . .	1.899			8.614	0.538	6.899
Glutamic acid g . . .	3.122			14.161	0.885	11.342
Glycine g . . .	1.134			5.144	0.321	4.120
Proline g . . .	0.918			4.164	0.260	3.335
Serine g . . .	0.795			3.606	0.225	2.888

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 2%, separable fat 13%
				3 oz = 85 g	1 steak raw AP yields 101 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	60.26		51.22	60.86	232.05
Food energy	{ kcal kJ	207 866		176 737	209 875	798 3,337
Protein (N X6.25)	g	28.25		24.01	28.53	108.78
Total lipid (fat)	g	9.59		8.15	9.68	36.92
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.30		1.11	1.32	5.02
MINERALS:						
Calcium	mg	7		6	7	26
Iron	mg	3.58		3.05	3.62	13.80
Magnesium	mg	30		26	31	117
Phosphorus	mg	238		203	241	918
Potassium	mg	419		356	423	1,614
Sodium	mg	63		54	64	244
Zinc	mg	5.59		4.75	5.64	21.52
Copper	mg	0.179		0.152	0.181	0.689
Manganese	mg	0.017		0.014	0.017	0.065
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.130		0.111	0.131	0.501
Riboflavin	mg	0.298		0.253	0.301	1.148
Niacin	mg	3.922		3.334	3.961	15.104
Pantothenic acid	mg	0.378		0.321	0.382	1.456
Vitamin B ₆	mg	0.44		0.37	0.44	1.69
Folacin	mcg	7		6	8	29
Vitamin B ₁₂	mcg	2.57		2.19	2.60	9.90
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	3.74		3.18	3.78	14.41
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.00	0.01	0.02
12:0	g	0.01		0.00	0.01	0.02
14:0	g	0.25		0.21	0.25	0.95
16:0	g	2.05		1.75	2.07	7.91
18:0	g	1.26		1.07	1.27	4.84
Monounsaturated, total	g	3.73		3.17	3.77	14.36
16:1	g	0.26		0.22	0.26	0.99
18:1	g	3.35		2.85	3.39	12.91
20:1	g	0.00		0.00	0.00	0.00
22:1	g					
Polyunsaturated, total	g	0.38		0.32	0.38	1.45
18:2	g	0.29		0.25	0.29	1.12
18:3	g	0.03		0.02	0.03	0.10
20:4	g					
20:5	g	0.04		0.04	0.04	0.17
22:5	g					
22:6	g					
Cholesterol	mg	84		72	85	325
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.316		0.269	0.319	1.217
Threonine	g	1.234		1.049	1.246	4.752
Isoleucine	g	1.270		1.080	1.283	4.891
Leucine	g	2.233		1.898	2.255	8.599
Lysine	g	2.350		1.998	2.374	9.050
Methionine	g	0.723		0.615	0.730	2.784
Cystine	g	0.316		0.269	0.319	1.217
Phenylalanine	g	1.103		0.938	1.114	4.248
Tyrosine	g	0.949		0.807	0.958	3.655
Valine	g	1.374		1.168	1.388	5.291
Arginine	g	1.785		1.517	1.803	6.874
Histidine	g	0.967		0.822	0.977	3.724
Alanine	g	1.704		1.448	1.721	6.562
Aspartic acid	g	2.581		2.194	2.607	9.939
Glutamic acid	g	4.244		3.607	4.286	16.344
Glycine	g	1.541		1.310	1.556	5.934
Proline	g	1.248		1.061	1.260	4.806
Serine	g	1.080		0.918	1.091	4.159

¹Yield from 5.7 oz (162 g) raw steak with refuse.

¹Yield from 5.7 oz (162 g) raw steak with refuse.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 2%, separable fat 16%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.99		326.54	20.41	265.50
Food energy	{ kcal . . . kJ . . .	141 591		641 2,682	40 168	521 2,181
Protein (N X6, 25)	g . . .	20.78		94.26	5.89	76.64
Total lipid (fat)	g . . .	5.83		26.45	1.65	21.50
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		4.72	0.30	3.84
MINERALS:						
Calcium	mg . . .	6		27	2	22
Iron	mg . . .	2.77		12.55	0.78	10.20
Magnesium	mg . . .	24		111	7	90
Phosphorus	mg . . .	211		958	60	779
Potassium	mg . . .	367		1,665	104	1,354
Sodium	mg . . .	54		243	15	198
Zinc	mg . . .	3.59		16.27	1.02	13.23
Copper	mg . . .	0.109		0.494	0.031	0.402
Manganese	mg . . .	0.014		0.064	0.004	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.136		0.617	0.039	0.502
Riboflavin	mg . . .	0.246		1.116	0.070	0.907
Niacin	mg . . .	3.411		15.472	0.967	12.580
Pantothenic acid	mg . . .	0.349		1.583	0.099	1.287
Vitamin B ₆	mg . . .	0.43		1.95	0.12	1.59
Folic acid	mcg . . .	7		32	2	26
Vitamin B ₁₂	mcg . . .	2.90		13.16	0.82	10.70
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.33		10.56	0.66	8.58
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.14		0.64	0.04	0.52
16:0	g . . .	1.27		5.76	0.36	4.68
18:0	g . . .	0.77		3.49	0.22	2.84
Monounsaturated, total	g . . .	2.33		10.55	0.66	8.57
16:1	g . . .	0.16		0.71	0.04	0.58
18:1	g . . .	2.09		9.47	0.59	7.70
20:1	g . . .	0.00		0.01	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.28		1.26	0.08	1.03
18:2	g . . .	0.21		0.95	0.06	0.77
18:3	g . . .	0.02		0.09	0.01	0.07
18:4	g . . .					
20:4	g . . .	0.04		0.16	0.01	0.13
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	62		283	18	230
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.233		1.057	0.066	0.859
Threonine	g . . .	0.908		4.119	0.257	3.349
Isoleucine	g . . .	0.934		4.237	0.265	3.445
Leucine	g . . .	1.643		7.453	0.466	6.059
Lysine	g . . .	1.729		7.843	0.490	6.377
Methionine	g . . .	0.532		2.413	0.151	1.962
Cystine	g . . .	0.233		1.057	0.066	0.859
Phenylalanine	g . . .	0.811		3.679	0.230	2.991
Tyrosine	g . . .	0.698		3.166	0.198	2.574
Valine	g . . .	1.011		4.586	0.287	3.729
Arginine	g . . .	1.313		5.956	0.372	4.842
Histidine	g . . .	0.712		3.230	0.202	2.626
Alanine	g . . .	1.254		5.688	0.356	4.625
Aspartic acid	g . . .	1.899		8.614	0.538	7.004
Glutamic acid	g . . .	3.122		14.161	0.885	11.514
Glycine	g . . .	1.134		5.144	0.321	4.182
Proline	g . . .	0.918		4.164	0.260	3.386
Serine	g . . .	0.795		3.606	0.225	2.932

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, Good, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective	
				3 oz = 85 g	1 steak raw yields 99 g	AP EP ¹	tissue 4%, separable fat 16%
A	B	C	D	E	F		G
PROXIMATE:							
Water	g . . .	61.24		52.05	60.63		220.83
Food energy	{ kcal . .	208		177	206		751
	{ kJ . . .	872		741	863		3,143
Protein (N X6 . 25)	g . . .	27.54		23.41	27.26		99.31
Total lipid (fat)	g . . .	10.06		8.55	9.96		36.28
Carbohydrate, total	g . . .	0.00		0.00	0.00		0.00
Crude fiber	g . . .	0.00		0.00	0.00		0.00
Ash	g . . .	1.16		0.99	1.15		4.18
MINERALS:							
Calcium	mg . . .	7		6	7		26
Iron	mg . . .	3.66		3.11	3.62		13.20
Magnesium	mg . . .	27		23	27		97
Phosphorus	mg . . .	236		201	234		851
Potassium	mg . . .	393		334	389		1,416
Sodium	mg . . .	59		50	59		213
Zinc	mg . . .	5.17		4.39	5.12		18.64
Copper	mg . . .	0.167		0.142	0.165		0.602
Manganese	mg . . .	0.016		0.014	0.016		0.058
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0		0.0
Thiamin	mg . . .	0.105		0.089	0.104		0.379
Riboflavin	mg . . .	0.320		0.272	0.317		1.154
Niacin	mg . . .	3.390		2.862	3.356		12.224
Pantothenic acid	mg . . .	0.453		0.385	0.448		1.634
Vitamin B ₆	mg . . .	0.38		0.32	0.38		1.37
Folic acid	mcg . . .	8		7	8		30
Vitamin B ₁₂	mcg . . .	2.77		2.35	2.74		9.99
Vitamin A	{ RE . . .	--		--	--		--
	{ IU . . .	--		--	--		--
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	3.93		3.34	3.89		14.16
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.01		0.00	0.00		0.02
12:0	g . . .	0.01		0.00	0.00		0.02
14:0	g . . .	0.26		0.22	0.26		0.94
16:0	g . . .	2.15		1.83	2.13		7.77
18:0	g . . .	1.32		1.12	1.30		4.75
Monounsaturated, total	g . . .	3.91		3.32	3.87		14.10
16:1	g . . .	0.27		0.23	0.27		0.97
18:1	g . . .	3.52		2.99	3.48		12.69
20:1	g . . .	0.00		0.00	0.00		0.00
22:1	g . . .						
Polyunsaturated, total	g . . .	0.40		0.34	0.39		1.43
18:2	g . . .	0.31		0.26	0.30		1.11
18:3	g . . .	0.03		0.02	0.03		0.10
18:4	g . . .						
20:4	g . . .	0.05		0.04	0.05		0.17
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	86		73	85		308
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.308		0.262	0.305		1.111
Threonine	g . . .	1.203		1.023	1.191		4.338
Isoleucine	g . . .	1.238		1.052	1.226		4.464
Leucine	g . . .	2.177		1.850	2.155		7.850
Lysine	g . . .	2.291		1.947	2.268		8.261
Methionine	g . . .	0.705		0.599	0.698		2.542
Cystine	g . . .	0.308		0.262	0.305		1.111
Phenylalanine	g . . .	1.075		0.914	1.064		3.876
Tyrosine	g . . .	0.925		0.786	0.916		3.336
Valine	g . . .	1.339		1.138	1.326		4.828
Arginine	g . . .	1.740		1.479	1.723		6.274
Histidine	g . . .	0.943		0.802	0.934		3.400
Alanine	g . . .	1.661		1.412	1.644		5.990
Aspartic acid	g . . .	2.516		2.139	2.491		9.073
Glutamic acid	g . . .	4.137		3.516	4.096		14.918
Glycine	g . . .	1.502		1.277	1.487		5.416
Proline	g . . .	1.216		1.034	1.204		4.385
Serine	g . . .	1.053		0.895	1.042		3.797

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEFF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 4%, separable fat 23%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	69.92		317.14	19.82	232.47
Food energy	{ kcal . .	169		765	48	560
	{ kJ . . .	705		3,199	200	2,345
Protein (N X6, 25)	g . . .	20.78		94.26	5.89	69.10
Total lipid (fat)	g . . .	8.85		40.13	2.51	29.42
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.04		4.72	0.30	3.46
MINERALS:						
Calcium	mg . . .	6		27	2	20
Iron	mg . . .	2.77		12.55	0.78	9.20
Magnesium	mg . . .	24		111	7	81
Phosphorus	mg . . .	211		958	60	702
Potassium	mg . . .	367		1,665	104	1,221
Sodium	mg . . .	54		243	15	178
Zinc	mg . . .	3.59		16.27	1.02	11.92
Copper	mg . . .	0.109		0.494	0.031	0.362
Manganese	mg . . .	0.014		0.064	0.004	0.047
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.136		0.617	0.039	0.452
Riboflavin	mg . . .	0.246		1.116	0.070	0.818
Niacin	mg . . .	3.411		15.472	0.967	11.342
Pantothenic acid	mg . . .	0.349		1.583	0.099	1.160
Vitamin B ₆	mg . . .	0.43		1.95	0.12	1.43
Folicin	mcg . . .	7		32	2	23
Vitamin B ₁₂	mcg . . .	2.90		13.16	0.82	9.65
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.54		16.03	1.00	11.75
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.21		0.97	0.06	0.71
16:0	g . . .	1.93		8.74	0.55	6.40
18:0	g . . .	1.17		5.29	0.33	3.88
Monounsaturated, total	g . . .	3.53		16.00	1.00	11.73
16:1	g . . .	0.24		1.08	0.07	0.79
18:1	g . . .	3.17		14.37	0.90	10.53
20:1	g . . .	0.01		0.02	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.42		1.92	0.12	1.41
18:2	g . . .	0.32		1.45	0.09	1.06
18:3	g . . .	0.03		0.13	0.01	0.10
18:4	g . . .					
20:4	g . . .	0.05		0.24	0.02	0.18
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	62		283	18	208
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.233		1.057	0.066	0.775
Threonine	g . . .	0.908		4.119	0.257	3.019
Isoleucine	g . . .	0.934		4.237	0.265	3.106
Leucine	g . . .	1.643		7.453	0.466	5.463
Lysine	g . . .	1.729		7.843	0.490	5.749
Methionine	g . . .	0.532		2.413	0.151	1.769
Cystine	g . . .	0.233		1.057	0.066	0.775
Phenylalanine	g . . .	0.811		3.679	0.230	2.697
Tyrosine	g . . .	0.698		3.166	0.198	2.321
Valine	g . . .	1.011		4.586	0.287	3.362
Arginine	g . . .	1.313		5.956	0.372	4.366
Histidine	g . . .	0.712		3.230	0.202	2.367
Alanine	g . . .	1.254		5.688	0.356	4.170
Aspartic acid	g . . .	1.899		8.614	0.538	6.314
Glutamic acid	g . . .	3.122		14.161	0.885	10.381
Glycine	g . . .	1.134		5.144	0.321	3.771
Proline	g . . .	0.918		4.164	0.260	3.052
Serine	g . . .	0.795		3.606	0.225	2.643

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 steak raw yields 92 g	Refuse: Connective tissue 4%, separable fat 18%	AP ¹
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	58.65		49.85	53.95	207.78	
Food energy	{ kcal kJ	232 971		197 826	214 894	822 3,441	
Protein (N X6.25)	g	28.25		24.01	25.99	100.08	
Total lipid (fat)	g	12.36		10.51	11.37	43.81	
Carbohydrate, total	g	0.00		0.00	0.00	0.00	
Crude fiber	g	0.00		0.00	0.00	0.00	
Ash	g	1.30		1.11	1.20	4.62	
MINERALS:							
Calcium	mg	7		6	6	24	
Iron	mg	3.58		3.05	3.30	12.70	
Magnesium	mg	30		26	28	108	
Phosphorus	mg	238		203	219	844	
Potassium	mg	419		356	385	1,485	
Sodium	mg	63		54	58	225	
Zinc	mg	5.59		4.75	5.14	19.80	
Copper	mg	0.179		0.152	0.165	0.634	
Manganese	mg	0.017		0.014	0.016	0.060	
VITAMINS:							
Ascorbic acid	mg	0.0		0.0	0.0	0.0	
Thiamin	mg	0.130		0.111	0.120	0.461	
Riboflavin	mg	0.298		0.253	0.274	1.056	
Niacin	mg	3.922		3.334	3.608	13.896	
Pantothenic acid	mg	0.378		0.321	0.348	1.339	
Vitamin B ₆	mg	0.44		0.37	0.40	1.56	
Folic acid	mcg	7		6	7	27	
Vitamin B ₁₂	mcg	2.57		2.19	2.37	9.11	
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.83		4.11	4.45	17.13	
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		0.01	0.01	0.02	
12:0	g	0.01		0.01	0.01	0.02	
14:0	g	0.32		0.27	0.29	1.13	
16:0	g	2.65		2.25	2.44	9.39	
18:0	g	1.62		1.38	1.49	5.74	
Monounsaturated, total	g	4.81		4.09	4.43	17.06	
16:1	g	0.33		0.28	0.30	1.17	
18:1	g	4.33		3.68	3.98	15.33	
20:1	g	0.00		0.00	0.00	0.00	
22:1	g						
Polyunsaturated, total	g	0.49		0.41	0.45	1.73	
18:2	g	0.38		0.32	0.35	1.34	
18:3	g	0.03		0.03	0.03	0.12	
18:4	g						
20:4	g	0.06		0.05	0.05	0.20	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84		72	78	299	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.316		0.269	0.291	1.120	
Threonine	g	1.234		1.049	1.135	4.372	
Isoleucine	g	1.270		1.080	1.168	4.500	
Leucine	g	2.233		1.898	2.054	7.912	
Lysine	g	2.350		1.998	2.162	8.326	
Methionine	g	0.723		0.615	0.665	2.562	
Cystine	g	0.316		0.269	0.291	1.120	
Phenylalanine	g	1.103		0.938	1.015	3.908	
Tyrosine	g	0.949		0.807	0.873	3.362	
Valine	g	1.374		1.168	1.264	4.868	
Arginine	g	1.785		1.517	1.642	6.324	
Histidine	g	0.967		0.822	0.890	3.426	
Alanine	g	1.704		1.448	1.568	6.037	
Aspartic acid	g	2.581		2.194	2.375	9.144	
Glutamic acid	g	4.244		3.607	3.904	15.036	
Glycine	g	1.541		1.310	1.418	5.460	
Proline	g	1.248		1.061	1.148	4.422	
Serine	g	1.080		0.918	0.994	3.826	

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TENDERLOIN, SEPARABLE LEAN ONLY, Prime, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 steak raw yields 88 g	AP EP ¹	Refuse: Connective tissue 6%, separable fat 23%
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	56.03		47.63	49.31	180.19	
Food energy	{ kcal . . . kJ . . .	255 1,068		217 908	225 940	821 3,436	
Protein (N X6.25)	g . . .	27.54		23.41	24.24	88.57	
Total lipid (fat)	g . . .	15.27		12.98	13.44	49.11	
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00	
Crude fiber	g . . .	0.00		0.00	0.00	0.00	
Ash	g . . .	1.16		0.99	1.02	3.73	
MINERALS:							
Calcium	mg . . .	7		6	6	23	
Iron	mg . . .	3.66		3.11	3.22	11.77	
Magnesium	mg . . .	27		23	24	86	
Phosphorus	mg . . .	236		201	208	759	
Potassium	mg . . .	393		334	346	1,263	
Sodium	mg . . .	59		50	52	190	
Zinc	mg . . .	5.17		4.39	4.55	16.63	
Copper	mg . . .	0.167		0.142	0.147	0.537	
Manganese	mg . . .	0.016		0.014	0.014	0.051	
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0	
Thiamin	mg . . .	0.105		0.089	0.092	0.338	
Riboflavin	mg . . .	0.320		0.272	0.282	1.029	
Niacin	mg . . .	3.390		2.882	2.983	10.902	
Pantothenic acid	mg . . .	0.453		0.385	0.399	1.457	
Vitamin B ₆	mg . . .	0.38		0.32	0.33	1.22	
Folacin	mcg . . .	8		7	7	26	
Vitamin B ₁₂	mcg . . .	2.77		2.35	2.44	8.91	
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --	
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	5.97		5.07	5.25	19.18	
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.01		0.01	0.01	0.03	
12:0	g . . .	0.01		0.01	0.01	0.03	
14:0	g . . .	0.40		0.34	0.35	1.27	
16:0	g . . .	3.27		2.78	2.88	10.52	
18:0	g . . .	2.00		1.70	1.76	6.44	
Monounsaturated, total	g . . .	5.94		5.05	5.23	19.11	
16:1	g . . .	0.41		0.35	0.36	1.32	
18:1	g . . .	5.34		4.54	4.70	17.18	
20:1	g . . .	0.00		0.00	0.00	0.00	
22:1	g . . .						
Polyunsaturated, total	g . . .	0.60		0.51	0.53	1.93	
18:2	g . . .	0.47		0.40	0.41	1.50	
18:3	g . . .	0.04		0.04	0.04	0.14	
18:4	g . . .						
20:4	g . . .	0.07		0.06	0.06	0.22	
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	86		73	75	275	
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.308		0.262	0.271	0.991	
Threonine	g . . .	1.203		1.023	1.059	3.869	
Isoleucine	g . . .	1.238		1.052	1.089	3.981	
Leucine	g . . .	2.177		1.850	1.916	7.001	
Lysine	g . . .	2.291		1.947	2.016	7.368	
Methionine	g . . .	0.705		0.599	0.620	2.267	
Cystine	g . . .	0.308		0.262	0.271	0.991	
Phenylalanine	g . . .	1.075		0.914	0.946	3.457	
Tyrosine	g . . .	0.925		0.786	0.814	2.975	
Valine	g . . .	1.339		1.138	1.178	4.306	
Arginine	g . . .	1.740		1.479	1.531	5.596	
Histidine	g . . .	0.943		0.802	0.830	3.033	
Alanine	g . . .	1.661		1.412	1.462	5.342	
Aspartic acid	g . . .	2.516		2.139	2.214	8.091	
Glutamic acid	g . . .	4.137		3.516	3.641	13.305	
Glycine	g . . .	1.502		1.277	1.322	4.830	
Proline	g . . .	1.216		1.034	1.070	3.911	
Serine	g . . .	1.053		0.895	0.927	3.386	

¹Yield from 5.7 oz (162 g) raw steak with refuse.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%
				1 lb = 453.6 g	1 steak = 306 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.35		260.14	175.49	249.19
Food energy	{ kcal . . .	283		1,286	867	1,231
	{ kJ . . .	1,186		5,379	3,628	5,152
Protein (N X6, 25)	g . . .	18.15		82.32	55.53	78.85
Total lipid (fat)	g . . .	22.83		103.55	69.86	99.19
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.73		3.31	2.23	3.17
MINERALS:						
Calcium	mg . . .	7		30	20	28
Iron	mg . . .	1.52		6.89	4.65	6.60
Magnesium	mg . . .	18		80	54	76
Phosphorus	mg . . .	156		706	476	676
Potassium	mg . . .	277		1,257	848	1,205
Sodium	mg . . .	52		234	158	224
Zinc	mg . . .	2.97		13.45	9.08	12.89
Copper	mg . . .	0.067		0.304	0.205	0.291
Manganese	mg . . .	0.012		0.054	0.037	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.083		0.376	0.254	0.361
Riboflavin	mg . . .	0.130		0.590	0.398	0.565
Niacin	mg . . .	3.681		16.697	11.264	15.994
Pantothenic acid	mg . . .	0.304		1.379	0.930	1.321
Vitamin B ₆	mg . . .	0.37		1.68	1.14	1.61
Folacin	mcg . . .	6		28	19	26
Vitamin B ₁₂	mcg . . .	2.65		12.00	8.10	11.50
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	9.86		44.74	30.18	42.86
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.36	0.24	0.35
12:0	g . . .	0.06		0.25	0.17	0.24
14:0	g . . .	0.75		3.40	2.29	3.25
16:0	g . . .	5.65		25.61	17.28	24.53
18:0	g . . .	2.79		12.67	8.55	12.14
Monounsaturated, total	g . . .	10.38		47.08	31.76	45.10
16:1	g . . .	1.16		5.25	3.54	5.03
18:1	g . . .	8.73		39.59	26.71	37.93
20:1	g . . .	0.03		0.14	0.09	0.13
22:1	g . . .					
Polyunsaturated, total	g . . .	0.83		3.76	2.53	3.60
18:2	g . . .	0.52		2.35	1.59	2.25
18:3	g . . .	0.28		1.27	0.86	1.22
18:4	g . . .					
20:4	g . . .	0.02		0.09	0.06	0.09
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	69		313	211	299
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.203		0.921	0.621	0.882
Threonine	g . . .	0.793		3.597	2.427	3.446
Isoleucine	g . . .	0.816		3.701	2.497	3.546
Leucine	g . . .	1.434		6.505	4.388	6.231
Lysine	g . . .	1.510		6.849	4.621	6.561
Methionine	g . . .	0.464		2.105	1.420	2.016
Cystine	g . . .	0.203		0.921	0.621	0.882
Phenylalanine	g . . .	0.708		3.211	2.166	3.076
Tyrosine	g . . .	0.610		2.767	1.867	2.650
Valine	g . . .	0.883		4.005	2.702	3.837
Arginine	g . . .	1.147		5.203	3.510	4.984
Histidine	g . . .	0.621		2.817	1.900	2.698
Alanine	g . . .	1.094		4.962	3.348	4.753
Aspartic acid	g . . .	1.658		7.521	5.073	7.204
Glutamic acid	g . . .	2.726		12.365	8.342	11.844
Glycine	g . . .	0.990		4.491	3.029	4.302
Proline	g . . .	0.801		3.633	2.451	3.480
Serine	g . . .	0.694		3.148	2.124	3.015

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 5%
				3 oz = 85 g	1 steak raw yields 233 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	53.53		45.50	124.71	230.16
Food energy	{ kcal . . . kJ . . .	280 1,170		238 994	651 2,726	1,202 5,031
Protein (N X 6.25)	g . . .	25.72		21.87	59.94	110.61
Total lipid (fat)	g . . .	18.82		16.00	43.85	80.93
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.06		0.90	2.46	4.55
MINERALS:						
Calcium	mg . . .	9		7	21	38
Iron	mg . . .	2.24		1.91	5.23	9.65
Magnesium	mg . . .	24		20	56	103
Phosphorus	mg . . .	195		166	455	839
Potassium	mg . . .	351		299	818	1,510
Sodium	mg . . .	63		54	148	272
Zinc	mg . . .	4.60		3.91	10.73	19.80
Copper	mg . . .	0.104		0.088	0.242	0.447
Manganese	mg . . .	0.014		0.012	0.033	0.060
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.080		0.068	0.186	0.344
Riboflavin	mg . . .	0.180		0.153	0.419	0.774
Niacin	mg . . .	4.731		4.021	11.023	20.343
Pantothenic acid	mg . . .	0.331		0.281	0.771	1.423
Vitamin B ₆	mg . . .	0.37		0.32	0.87	1.61
Folic acid	mcg . . .	7		6	17	31
Vitamin B ₁₂	mcg . . .	1.94		1.65	4.52	8.34
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	7.79		6.62	18.14	33.48
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.05		0.04	0.11	0.20
12:0	g . . .	0.04		0.04	0.10	0.19
14:0	g . . .	0.60		0.51	1.39	2.56
16:0	g . . .	4.57		3.88	10.64	19.63
18:0	g . . .	2.19		1.86	5.11	9.43
Monounsaturated, total	g . . .	8.25		7.01	19.22	35.47
16:1	g . . .	0.75		0.63	1.74	3.20
18:1	g . . .	7.14		6.07	16.64	30.71
20:1	g . . .	0.03		0.03	0.07	0.13
22:1	g . . .					
Polyunsaturated, total	g . . .	0.69		0.59	1.61	2.97
18:2	g . . .	0.46		0.39	1.06	1.96
18:3	g . . .	0.19		0.16	0.43	0.80
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.08	0.14
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	79		67	185	341
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.288		0.245	0.671	1.238
Threonine	g . . .	1.124		0.955	2.619	4.833
Isoleucine	g . . .	1.157		0.983	2.696	4.975
Leucine	g . . .	2.033		1.728	4.737	8.742
Lysine	g . . .	2.140		1.819	4.986	9.202
Methionine	g . . .	0.659		0.560	1.535	2.834
Cystine	g . . .	0.288		0.245	0.671	1.238
Phenylalanine	g . . .	1.004		0.853	2.339	4.317
Tyrosine	g . . .	0.864		0.734	2.013	3.715
Valine	g . . .	1.251		1.063	2.915	5.379
Arginine	g . . .	1.626		1.382	3.789	6.992
Histidine	g . . .	0.881		0.749	2.053	3.788
Alanine	g . . .	1.552		1.319	3.616	6.674
Aspartic acid	g . . .	2.350		1.998	5.476	10.105
Glutamic acid	g . . .	3.865		3.285	9.005	16.620
Glycine	g . . .	1.404		1.193	3.271	6.037
Proline	g . . .	1.136		0.966	2.647	4.885
Serine	g . . .	0.984		0.836	2.293	4.231

¹Yield from 11.3 oz (320 g) raw steak with refuse.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 steak = 306 g	Refuse:Connective tissue 4%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	56.86		257.91	173.99	247.34
Food energy	{ kcal . . . kJ . . .	289 1,211		1,313 5,492	886 3,705	1,259 5,267
Protein (N X6.25)	g . . .	18.07		81.96	55.29	78.60
Total lipid (fat)	g . . .	23.53		106.74	72.00	102.36
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.73		3.30	2.22	3.16
MINERALS:						
Calcium	mg . . .	7		30	20	28
Iron	mg . . .	1.51		6.86	4.63	6.58
Magnesium	mg . . .	17		79	53	76
Phosphorus	mg . . .	155		703	474	674
Potassium	mg . . .	276		1,250	843	1,199
Sodium	mg . . .	51		233	157	223
Zinc	mg . . .	2.95		13.38	9.03	12.83
Copper	mg . . .	0.066		0.299	0.202	0.287
Manganese	mg . . .	0.012		0.054	0.037	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.082		0.372	0.251	0.357
Riboflavin	mg . . .	0.130		0.590	0.398	0.566
Niacin	mg . . .	3.663		16.615	11.209	15.934
Pantothenic acid	mg . . .	0.303		1.374	0.927	1.318
Vitamin B ₆	mg . . .	0.37		1.67	1.13	1.61
Folic acid	mcg . . .	6		27	18	26
Vitamin B ₁₂	mcg . . .	2.64		11.96	8.07	11.47
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.16		46.09	31.09	44.20
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.37	0.25	0.36
12:0	g . . .	0.06		0.26	0.17	0.25
14:0	g . . .	0.77		3.50	2.36	3.36
16:0	g . . .	5.82		26.39	17.80	25.31
18:0	g . . .	2.88		13.05	8.80	12.51
Monounsaturated, total	g . . .	10.70		48.53	32.74	46.54
16:1	g . . .	1.19		5.40	3.64	5.18
18:1	g . . .	9.00		40.81	27.53	39.14
20:1	g . . .	0.03		0.15	0.10	0.14
22:1	g . . .					
Polyunsaturated, total	g . . .	0.85		3.86	2.61	3.71
18:2	g . . .	0.53		2.42	1.63	2.32
18:3	g . . .	0.29		1.30	0.88	1.24
18:4	g . . .					
20:4	g . . .	0.02		0.10	0.07	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	69		314	212	301
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.202		0.916	0.618	0.879
Threonine	g . . .	0.789		3.579	2.414	3.432
Isoleucine	g . . .	0.812		3.683	2.485	3.532
Leucine	g . . .	1.428		6.477	4.370	6.212
Lysine	g . . .	1.503		6.818	4.599	6.538
Methionine	g . . .	0.462		2.096	1.414	2.010
Cystine	g . . .	0.202		0.916	0.618	0.879
Phenylalanine	g . . .	0.705		3.198	2.157	3.067
Tyrosine	g . . .	0.607		2.753	1.857	2.640
Valine	g . . .	0.879		3.987	2.690	3.824
Arginine	g . . .	1.142		5.180	3.495	4.968
Histidine	g . . .	0.618		2.803	1.891	2.688
Alanine	g . . .	1.090		4.944	3.335	4.742
Aspartic acid	g . . .	1.650		7.484	5.049	7.178
Glutamic acid	g . . .	2.714		12.311	8.305	11.806
Glycine	g . . .	0.985		4.468	3.014	4.285
Proline	g . . .	0.798		3.620	2.442	3.471
Serine	g . . .	0.691		3.134	2.114	3.006

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 5%
				3 oz = 85 g	1 steak raw AP yields 235 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	53.02		45.06	124.59	229.40
Food energy	{ kcal kJ	286 1,197		243 1,017	672 2,812	1,237 5,177
Protein (N X6.25)	g	25.62		21.77	60.20	110.84
Total lipid (fat)	g	19.58		16.64	46.01	84.71
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.05		0.90	2.47	4.56
MINERALS:						
Calcium	mg	9		8	21	38
Iron	mg	2.24		1.90	5.25	9.68
Magnesium	mg	24		20	56	104
Phosphorus	mg	194		165	457	841
Potassium	mg	350		297	821	1,513
Sodium	mg	63		54	148	273
Zinc	mg	4.58		3.89	10.77	19.82
Copper	mg	0.104		0.088	0.244	0.450
Manganese	mg	0.014		0.012	0.033	0.061
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.080		0.068	0.188	0.346
Riboflavin	mg	0.179		0.152	0.421	0.775
Niacin	mg	4.708		4.002	11.064	20.372
Pantothenic acid	mg	0.330		0.281	0.776	1.428
Vitamin B ₆	mg	0.37		0.32	0.88	1.61
Folic acid	mcg	7		6	17	31
Vitamin B ₁₂	mcg	1.94		1.65	4.55	8.38
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.10		6.88	19.03	35.04
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.05		0.04	0.11	0.21
12:0	g	0.05		0.04	0.11	0.20
14:0	g	0.62		0.53	1.45	2.68
16:0	g	4.75		4.04	11.16	20.54
18:0	g	2.28		1.94	5.36	9.87
Monounsaturated, total	g	8.58		7.29	20.16	37.12
16:1	g	0.78		0.66	1.82	3.35
18:1	g	7.43		6.31	17.45	32.13
20:1	g	0.03		0.03	0.07	0.13
22:1	g					
Polyunsaturated, total	g	0.72		0.61	1.69	3.11
18:2	g	0.47		0.40	1.11	2.05
18:3	g	0.19		0.16	0.45	0.83
20:4	g	0.04		0.03	0.08	0.15
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	79		68	187	344
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.287		0.244	0.674	1.242
Threonine	g	1.119		0.951	2.630	4.842
Isoleucine	g	1.152		0.979	2.707	4.985
Leucine	g	2.024		1.720	4.756	8.758
Lysine	g	2.131		1.811	5.008	9.221
Methionine	g	0.656		0.558	1.542	2.839
Cystine	g	0.287		0.244	0.674	1.242
Phenylalanine	g	1.000		0.850	2.350	4.327
Tyrosine	g	0.861		0.732	2.023	3.726
Valine	g	1.246		1.059	2.928	5.391
Arginine	g	1.619		1.376	3.805	7.005
Histidine	g	0.877		0.745	2.061	3.795
Alanine	g	1.545		1.313	3.631	6.685
Aspartic acid	g	2.340		1.989	5.499	10.125
Glutamic acid	g	3.848		3.271	9.043	16.650
Glycine	g	1.397		1.187	3.283	6.045
Proline	g	1.131		0.961	2.658	4.894
Serine	g	0.979		0.832	2.301	4.236

¹Yield from 11.3 oz (320 g) raw steak with refuse.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 lb = 453.6 g	1 steak = 305 g	Refuse:Connective tissue 5%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	59.00		267.60	179.93	254.74
Food energy	{ kcal . . . kJ . . .	264 1,103		1,195 5,002	804 3,363	1,138 4,761
Protein (N X6.25)	g . . .	18.43		83.59	56.21	79.57
Total lipid (fat)	g . . .	20.50		92.97	62.51	88.50
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.74		3.37	2.27	3.21
MINERALS:						
Calcium	mg . . .	6		29	20	28
Iron	mg . . .	1.54		6.99	4.70	6.65
Magnesium	mg . . .	18		81	55	77
Phosphorus	mg . . .	158		717	482	683
Potassium	mg . . .	283		1,284	864	1,223
Sodium	mg . . .	52		236	159	225
Zinc	mg . . .	3.02		13.70	9.21	13.04
Copper	mg . . .	0.068		0.308	0.207	0.294
Manganese	mg . . .	0.012		0.054	0.037	0.052
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.084		0.381	0.256	0.363
Riboflavin	mg . . .	0.132		0.599	0.403	0.570
Niacin	mg . . .	3.745		16.987	11.422	16.171
Pantothenic acid	mg . . .	0.309		1.402	0.942	1.334
Vitamin B ₆	mg . . .	0.38		1.71	1.15	1.63
Folacin	mcg . . .	6		28	19	27
Vitamin B ₁₂	mcg . . .	2.68		12.16	8.17	11.57
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	8.88		40.28	27.08	38.34
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.33	0.22	0.32
12:0	g . . .	0.05		0.23	0.16	0.22
14:0	g . . .	0.67		3.06	2.06	2.91
16:0	g . . .	5.07		23.02	15.48	21.91
18:0	g . . .	2.51		11.39	7.66	10.84
Monounsaturated, total	g . . .	9.32		42.29	28.44	40.26
16:1	g . . .	1.05		4.74	3.19	4.52
18:1	g . . .	7.83		35.53	23.89	33.82
20:1	g . . .	0.03		0.13	0.09	0.12
22:1	g . . .					
Polyunsaturated, total	g . . .	0.74		3.37	2.26	3.20
18:2	g . . .	0.46		2.10	1.41	1.99
18:3	g . . .	0.26		1.16	0.78	1.11
20:4	g . . .	0.02		0.07	0.05	0.07
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	68		309	208	294
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.206		0.934	0.628	0.890
Threonine	g . . .	0.805		3.651	2.455	3.476
Isoleucine	g . . .	0.828		3.756	2.525	3.575
Leucine	g . . .	1.456		6.604	4.441	6.287
Lysine	g . . .	1.533		6.954	4.676	6.619
Methionine	g . . .	0.472		2.141	1.440	2.038
Cystine	g . . .	0.206		0.934	0.628	0.890
Phenylalanine	g . . .	0.719		3.261	2.193	3.105
Tyrosine	g . . .	0.619		2.808	1.888	2.673
Valine	g . . .	0.896		4.064	2.733	3.869
Arginine	g . . .	1.164		5.280	3.550	5.026
Histidine	g . . .	0.631		2.862	1.925	2.725
Alanine	g . . .	1.111		5.039	3.389	4.797
Aspartic acid	g . . .	1.683		7.634	5.133	7.267
Glutamic acid	g . . .	2.768		12.556	8.442	11.952
Glycine	g . . .	1.005		4.559	3.065	4.340
Proline	g . . .	0.814		3.692	2.483	3.515
Serine	g . . .	0.705		3.198	2.150	3.044

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue %
				3 oz = 85 g	1 steak raw AP yields 230 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	54.91		46.67	126.28	232.63
Food energy	{ kcal kJ	262 1,097		223 932	603 2,523	1,111 4,647
Protein (N X6.25)	g	25.98		22.08	59.74	110.06
Total lipid (fat)	g	16.77		14.25	38.56	71.04
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.07		0.91	2.45	4.52
MINERALS:						
Calcium	mg	9		7	20	37
Iron	mg	2.26		1.92	5.21	9.59
Magnesium	mg	24		21	56	103
Phosphorus	mg	197		168	453	835
Potassium	mg	355		302	817	1,505
Sodium	mg	64		54	147	270
Zinc	mg	4.66		3.96	10.71	19.73
Copper	mg	0.104		0.088	0.239	0.441
Manganese	mg	0.014		0.012	0.032	0.059
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.081		0.069	0.186	0.343
Riboflavin	mg	0.182		0.155	0.419	0.771
Niacin	mg	4.784		4.066	11.003	20.270
Pantothenic acid	mg	0.334		0.284	0.768	1.415
Vitamin B ₆	mg	0.38		0.32	0.87	1.60
Folacin	mcg	7		6	17	31
Vitamin B ₁₂	mcg	1.94		1.65	4.47	8.24
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.94		5.90	15.96	29.41
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.04	0.10	0.18
12:0	g	0.04		0.03	0.09	0.17
14:0	g	0.53		0.45	1.22	2.25
16:0	g	4.07		3.46	9.37	17.26
18:0	g	1.95		1.66	4.49	8.27
Monounsaturated, total	g	7.36		6.25	16.92	31.18
16:1	g	0.67		0.57	1.53	2.83
18:1	g	6.37		5.41	14.64	26.97
20:1	g	0.03		0.02	0.06	0.11
22:1	g					
Polyunsaturated, total	g	0.62		0.52	1.41	2.61
18:2	g	0.40		0.34	0.93	1.71
18:3	g	0.17		0.14	0.39	0.72
18:4	g					
20:4	g	0.03		0.02	0.06	0.12
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	79		67	182	335
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.291		0.247	0.669	1.233
Threonine	g	1.135		0.965	2.611	4.809
Isoleucine	g	1.168		0.993	2.686	4.949
Leucine	g	2.053		1.745	4.722	8.699
Lysine	g	2.161		1.837	4.970	9.156
Methionine	g	0.665		0.565	1.530	2.818
Cystine	g	0.291		0.247	0.669	1.233
Phenylalanine	g	1.014		0.862	2.332	4.296
Tyrosine	g	0.873		0.742	2.008	3.699
Valine	g	1.263		1.074	2.905	5.351
Arginine	g	1.642		1.396	3.777	6.957
Histidine	g	0.889		0.756	2.045	3.767
Alanine	g	1.567		1.332	3.604	6.639
Aspartic acid	g	2.373		2.017	5.458	10.054
Glutamic acid	g	3.902		3.317	8.975	16.533
Glycine	g	1.417		1.204	3.259	6.004
Proline	g	1.147		0.975	2.638	4.860
Serine	g	0.993		0.844	2.284	4.207

¹Yield from 11.3 oz (320 g) raw steak with refuse.

AH-8-13 (1985)
NDB No. 13267

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight			Refuse:Connective tissue 8%
				3 oz = 85 g	1 steak raw yields 228 g	AP EP ¹	
A	B	C	D	E	F		G
PROXIMATE:							
Water	g . . .	48.76		41.44	111.16		204.58
Food energy	{ kcal . . . kJ . . .	339 1,420		288 1,207	774 3,237		1,424 5,956
Protein (N X6.25)	g . . .	24.72		21.01	56.35		103.71
Total lipid (fat)	g . . .	25.91		22.03	59.08		108.73
Carbohydrate, total	g . . .	0.00		0.00	0.00		0.00
Crude fiber	g . . .	0.00		0.00	0.00		0.00
Ash	g . . .	1.02		0.86	2.32		4.27
MINERALS:							
Calcium	mg . . .	9		8	21		38
Iron	mg . . .	2.17		1.84	4.94		9.08
Magnesium	mg . . .	23		19	52		96
Phosphorus	mg . . .	187		159	427		785
Potassium	mg . . .	336		285	765		1,409
Sodium	mg . . .	62		53	141		260
Zinc	mg . . .	4.39		3.73	10.01		18.42
Copper	mg . . .	0.103		0.088	0.235		0.432
Manganese	mg . . .	0.014		0.012	0.032		0.059
VITAMINS:							
Ascorbic acid	mg . . .	0.0		0.0	0.0		0.0
Thiamin	mg . . .	0.077		0.065	0.176		0.323
Riboflavin	mg . . .	0.174		0.148	0.397		0.730
Niacin	mg . . .	4.519		3.841	10.303		18.962
Pantothenic acid	mg . . .	0.319		0.271	0.727		1.339
Vitamin B ₆	mg . . .	0.36		0.31	0.82		1.51
Folic acid	mcg . . .	7		6	16		29
Vitamin B ₁₂	mcg . . .	1.92		1.63	4.37		8.05
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --		-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	10.72		9.11	24.43		44.97
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.06		0.05	0.14		0.26
12:0	g . . .	0.06		0.05	0.14		0.25
14:0	g . . .	0.82		0.70	1.87		3.43
16:0	g . . .	6.28		5.34	14.32		26.35
18:0	g . . .	3.03		2.57	6.90		12.69
Monounsaturated, total	g . . .	11.35		9.64	25.87		47.61
16:1	g . . .	1.02		0.87	2.33		4.29
18:1	g . . .	9.83		8.35	22.40		41.23
20:1	g . . .	0.04		0.03	0.09		0.17
22:1	g . . .						
Polyunsaturated, total	g . . .	0.95		0.81	2.17		3.99
18:2	g . . .	0.63		0.53	1.43		2.63
18:3	g . . .	0.25		0.21	0.57		1.06
18:4	g . . .						
20:4	g . . .	0.05		0.04	0.11		0.20
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	80		68	183		337
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.277		0.235	0.632		1.162
Threonine	g . . .	1.080		0.918	2.462		4.532
Isoleucine	g . . .	1.111		0.944	2.533		4.662
Leucine	g . . .	1.954		1.661	4.455		8.199
Lysine	g . . .	2.057		1.748	4.690		8.631
Methionine	g . . .	0.633		0.538	1.443		2.656
Cystine	g . . .	0.277		0.235	0.632		1.162
Phenylalanine	g . . .	0.965		0.820	2.200		4.049
Tyrosine	g . . .	0.831		0.706	1.895		3.487
Valine	g . . .	1.202		1.022	2.741		5.044
Arginine	g . . .	1.562		1.328	3.561		6.554
Histidine	g . . .	0.846		0.719	1.929		3.550
Alanine	g . . .	1.491		1.267	3.399		6.256
Aspartic acid	g . . .	2.258		1.919	5.148		9.475
Glutamic acid	g . . .	3.714		3.157	8.468		15.584
Glycine	g . . .	1.349		1.147	3.076		5.660
Proline	g . . .	1.092		0.928	2.490		4.582
Serine	g . . .	0.945		0.803	2.155		3.965

¹Yield from 11.3 oz (320 g) raw steak with refuse.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%, separable fat 24%
				1 lb	1 oz	
				= 453.6 g	= 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	70.00	0.424	24 ¹	317.51	19.84	227.00
Food energy { kcal . . .	150			682	43	487
{ kJ	629			2,852	178	2,039
Protein (N X6.25) g . . .	21.53	0.227	63	97.68	6.10	69.83
Total lipid (fat) g . . .	6.47	0.590	21 ¹	29.33	1.83	20.97
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.89	0.039	54	4.01	0.25	2.87
MINERALS:						
Calcium mg . . .	5	0.251	27	24	2	17
Iron mg . . .	1.78	0.047	39	8.09	0.51	5.78
Magnesium mg . . .	22	0.485	40	102	6	73
Phosphorus mg . . .	185	4.686	29	841	53	602
Potassium mg . . .	349	8.577	39	1,583	99	1,132
Sodium mg . . .	59	1.789	39	268	17	192
Zinc mg . . .	3.64	0.095	37	16.49	1.03	11.79
Copper mg . . .	0.078	0.003	38	0.354	0.022	0.253
Manganese mg . . .	0.014			0.064	0.004	0.045
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.097	0.006	22	0.440	0.027	0.315
Riboflavin mg . . .	0.151	0.010	20	0.685	0.043	0.490
Niacin mg . . .	4.453	0.265	23	20.199	1.262	14.441
Pantothenic acid mg . . .	0.361			1.637	0.102	1.171
Vitamin B ₆ mg . . .	0.44			2.00	0.12	1.43
Folacin mcg . . .	7	1.128	10	32	2	23
Vitamin B ₁₂ mcg . . .	3.05	0.234	22	13.84	0.86	9.89
Vitamin A { RE	--			--	--	--
IU	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	2.58			11.71	0.73	8.37
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.00	0.000	21	0.01	0.00	0.01
12:0 g . . .	0.00	0.000	21	0.01	0.00	0.01
14:0 g . . .	0.19	0.009	21	0.87	0.05	0.62
16:0 g . . .	1.53	0.024	21	6.95	0.43	4.97
18:0 g . . .	0.74	0.025	21	3.37	0.21	2.41
Monounsaturated, total g . . .	2.90			13.14	0.82	9.39
16:1 g . . .	0.23	0.008	21	1.05	0.07	0.75
18:1 g . . .	2.53	0.032	21	11.46	0.72	8.19
20:1 g . . .	0.01	0.001	16	0.02	0.00	0.02
22:1 g . . .						
Polyunsaturated, total g . . .	0.24			1.07	0.07	0.76
18:2 g . . .	0.19	0.012	21	0.85	0.05	0.61
18:3 g . . .	0.01	0.002	21	0.05	0.00	0.03
18:4 g . . .						
20:4 g . . .	0.03	0.004	21	0.13	0.01	0.09
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	59	0.941	33	266	17	190
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.241			1.093	0.068	0.782
Threonine g . . .	0.940			4.264	0.266	3.048
Isoleucine g . . .	0.968			4.391	0.274	3.139
Leucine g . . .	1.702			7.720	0.483	5.520
Lysine g . . .	1.791			8.124	0.508	5.808
Methionine g . . .	0.551			2.499	0.156	1.787
Cystine g . . .	0.241			1.093	0.068	0.782
Phenylalanine g . . .	0.841			3.815	0.238	2.727
Tyrosine g . . .	0.723			3.280	0.205	2.345
Valine g . . .	1.047			4.749	0.297	3.395
Arginine g . . .	1.361			6.173	0.386	4.414
Histidine g . . .	0.737			3.343	0.209	2.390
Alanine g . . .	1.299			5.892	0.368	4.213
Aspartic acid g . . .	1.967			8.922	0.558	6.379
Glutamic acid g . . .	3.235			14.674	0.917	10.491
Glycine g . . .	1.175			5.330	0.333	3.811
Proline g . . .	0.951			4.314	0.270	3.084
Serine g . . .	0.823			3.733	0.233	2.669

¹Standard error of estimate.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, All grades, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Connective tissue 5%, separable fat 15%	
				3 oz = 85 g	1 steak raw AP yields 195 g	EP ¹	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	60.23	0.681	11 ²	51.20	117.45	217.44
Food energy	{ kcal . . . kJ . . .	203 849			172 721	395 1,656	732 3,065
Protein (N X 6.25)	g . . .	28.62	0.632	10	24.32	55.80	103.31
Total lipid (fat)	g . . .	8.94	0.614	8 ²	7.60	17.43	32.27
Carbohydrate, total	g . . .	0.00			0.00	0.00	0.00
Crude fiber	g . . .	0.00			0.00	0.00	0.00
Ash	g . . .	1.17	0.031	10	1.00	2.29	4.24
MINERALS:							
Calcium	mg . . .	8	0.787	10	7	15	28
Iron	mg . . .	2.47	0.163	10	2.10	4.82	8.93
Magnesium	mg . . .	27	0.785	10	23	54	99
Phosphorus	mg . . .	218			185	425	787
Potassium	mg . . .	396	10.170	10	336	772	1,429
Sodium	mg . . .	68	7.016	9	57	132	244
Zinc	mg . . .	5.22	0.316	8	4.44	10.18	18.84
Copper	mg . . .	0.107	0.010	8	0.091	0.209	0.386
Manganese	mg . . .	0.016			0.014	0.031	0.058
VITAMINS:							
Ascorbic acid	mg . . .	0.0			0.0	0.0	0.0
Thiamin	mg . . .	0.090	0.009	10	0.077	0.176	0.325
Riboflavin	mg . . .	0.198	0.009	10	0.168	0.386	0.715
Niacin	mg . . .	5.341	0.362	10	4.540	10.415	19.281
Pantothenic acid	mg . . .	0.366			0.311	0.714	1.321
Vitamin B ₆	mg . . .	0.42			0.36	0.82	1.52
Folacin	mcg . . .	8	1.383	10	7	16	29
Vitamin B ₁₂	mcg . . .	2.00	0.294	11	1.70	3.90	7.22
Vitamin A	{ RE . . . IU . . .	-- --			-- --	-- --	-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	3.58			3.04	6.98	12.92
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.00	0.000	8	0.00	0.01	0.01
12:0	g . . .	0.01	0.000	8	0.01	0.01	0.02
14:0	g . . .	0.26	0.023	8	0.22	0.51	0.93
16:0	g . . .	2.03	0.058	8	1.73	3.96	7.34
18:0	g . . .	1.11	0.091	8	0.94	2.16	4.00
Monounsaturated, total	g . . .	3.73			3.17	7.27	13.45
16:1	g . . .	0.29	0.027	8	0.24	0.56	1.04
18:1	g . . .	3.30	0.069	8	2.81	6.44	11.92
20:1	g . . .	0.00	0.002	8	0.00	0.01	0.01
22:1	g . . .						
Polyunsaturated, total	g . . .	0.31			0.26	0.60	1.12
18:2	g . . .	0.23	0.027	8	0.20	0.45	0.83
18:3	g . . .	0.02	0.006	8	0.02	0.04	0.08
18:4	g . . .						
20:4	g . . .	0.04	0.012	8	0.03	0.08	0.14
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	76	1.062	8	65	149	275
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.321			0.273	0.626	1.159
Threonine	g . . .	1.250			1.063	2.438	4.513
Isoleucine	g . . .	1.287			1.094	2.510	4.646
Leucine	g . . .	2.262			1.923	4.411	8.166
Lysine	g . . .	2.381			2.024	4.643	8.595
Methionine	g . . .	0.733			0.623	1.429	2.646
Cystine	g . . .	0.321			0.273	0.626	1.159
Phenylalanine	g . . .	1.117			0.949	2.178	4.032
Tyrosine	g . . .	0.962			0.818	1.876	3.473
Valine	g . . .	1.392			1.183	2.714	5.025
Arginine	g . . .	1.809			1.538	3.528	6.530
Histidine	g . . .	0.980			0.833	1.911	3.538
Alanine	g . . .	1.726			1.467	3.366	6.231
Aspartic acid	g . . .	2.615			2.223	5.099	9.440
Glutamic acid	g . . .	4.300			3.655	8.385	15.523
Glycine	g . . .	1.561			1.327	3.044	5.635
Proline	g . . .	1.264			1.074	2.465	4.563
Serine	g . . .	1.094			0.930	2.133	3.949

¹Yield from 11.3 oz (320 g) raw steak with refuse.²Standard error of estimate.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 4%, separable fat 25%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	69.74		316.33	19.77	224.63
Food energy	{ kcal . . . kJ . . .	154 645		699 2,925	44 183	496 2,077
Protein (N X6.25)	g . . .	21.53		97.68	6.10	69.36
Total lipid (fat)	g . . .	6.89		31.26	1.95	22.20
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.89		4.01	0.25	2.85
MINERALS:						
Calcium	mg . . .	5		24	2	17
Iron	mg . . .	1.78		8.09	0.51	5.74
Magnesium	mg . . .	22		102	6	72
Phosphorus	mg . . .	185		841	53	597
Potassium	mg . . .	349		1,583	99	1,124
Sodium	mg . . .	59		268	17	190
Zinc	mg . . .	3.64		16.49	1.03	11.71
Copper	mg . . .	0.078		0.354	0.022	0.251
Manganese	mg . . .	0.014		0.064	0.004	0.045
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.097		0.440	0.027	0.312
Riboflavin	mg . . .	0.151		0.685	0.043	0.486
Niacin	mg . . .	4.453		20.199	1.262	14.343
Pantothenic acid	mg . . .	0.361		1.637	0.102	1.163
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.42
Folacin	mcg . . .	7		32	2	23
Vitamin B ₁₂	mcg . . .	3.05		13.84	0.86	9.83
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.75		12.49	0.78	8.87
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.00		0.02	0.00	0.01
14:0	g . . .	0.20		0.93	0.06	0.66
16:0	g . . .	1.63		7.41	0.46	5.26
18:0	g . . .	0.79		3.59	0.22	2.55
Monounsaturated, total	g . . .	3.09		14.00	0.88	9.94
16:1	g . . .	0.25		1.12	0.07	0.80
18:1	g . . .	2.69		12.21	0.76	8.67
20:1	g . . .	0.01		0.02	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.25		1.13	0.07	0.80
18:2	g . . .	0.20		0.90	0.06	0.64
18:3	g . . .	0.01		0.05	0.00	0.03
18:4	g . . .					
20:4	g . . .	0.03		0.14	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		266	17	189
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.241		1.093	0.068	0.776
Threonine	g . . .	0.940		4.264	0.266	3.028
Isoleucine	g . . .	0.968		4.391	0.274	3.118
Leucine	g . . .	1.702		7.720	0.483	5.482
Lysine	g . . .	1.791		8.124	0.508	5.769
Methionine	g . . .	0.551		2.499	0.156	1.775
Cystine	g . . .	0.241		1.093	0.068	0.776
Phenylalanine	g . . .	0.841		3.815	0.238	2.709
Tyrosine	g . . .	0.723		3.280	0.205	2.329
Valine	g . . .	1.047		4.749	0.297	3.372
Arginine	g . . .	1.361		6.173	0.386	4.384
Histidine	g . . .	0.737		3.343	0.209	2.374
Alanine	g . . .	1.299		5.892	0.368	4.184
Aspartic acid	g . . .	1.967		8.922	0.558	6.336
Glutamic acid	g . . .	3.235		14.674	0.917	10.420
Glycine	g . . .	1.175		5.330	0.333	3.785
Proline	g . . .	0.951		4.314	0.270	3.063
Serine	g . . .	0.823		3.733	0.233	2.651

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 5%, separable fat 16%
				3 oz = 85 g	1 steak raw AP yields 196 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	59.92		50.93	117.45	216.37
Food energy	{ kcal . . . kJ . . .	207 866		176 736	406 1,698	748 3,128
Protein (N X 6.25)	g . . .	28.62		24.32	56.09	103.34
Total lipid (fat)	g . . .	9.41		7.99	18.43	33.96
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.17		1.00	2.30	4.24
MINERALS:						
Calcium	mg . . .	8		7	15	28
Iron	mg . . .	2.47		2.10	4.85	8.93
Magnesium	mg . . .	27		23	54	99
Phosphorus	mg . . .	218		185	427	787
Potassium	mg . . .	396		336	776	1,429
Sodium	mg . . .	68		57	133	244
Zinc	mg . . .	5.22		4.44	10.23	18.85
Copper	mg . . .	0.107		0.091	0.210	0.386
Manganese	mg . . .	0.016		0.014	0.031	0.058
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.090		0.077	0.176	0.325
Riboflavin	mg . . .	0.198		0.168	0.388	0.715
Niacin	mg . . .	5.341		4.540	10.468	19.286
Pantothenic acid	mg . . .	0.366		0.311	0.717	1.322
Vitamin B ₆	mg . . .	0.42		0.36	0.82	1.52
Folic acid	mcg . . .	8		7	16	29
Vitamin B ₁₂	mcg . . .	2.00		1.70	3.92	7.23
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.76		3.20	7.38	13.59
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.01	0.01
12:0	g . . .	0.01		0.01	0.01	0.02
14:0	g . . .	0.27		0.23	0.54	0.99
16:0	g . . .	2.14		1.82	4.19	7.72
18:0	g . . .	1.16		0.99	2.28	4.20
Monounsaturated, total	g . . .	3.92		3.33	7.68	14.16
16:1	g . . .	0.30		0.26	0.59	1.09
18:1	g . . .	3.47		2.95	6.81	12.54
20:1	g . . .	0.00		0.00	0.01	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.33		0.28	0.64	1.18
18:2	g . . .	0.24		0.21	0.48	0.88
18:3	g . . .	0.02		0.02	0.05	0.08
18:4	g . . .					
20:4	g . . .	0.04		0.04	0.08	0.15
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	76		65	150	276
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.321		0.273	0.629	1.159
Threonine	g . . .	1.250		1.063	2.450	4.514
Isoleucine	g . . .	1.287		1.094	2.523	4.647
Leucine	g . . .	2.262		1.923	4.434	8.168
Lysine	g . . .	2.381		2.024	4.667	8.598
Methionine	g . . .	0.733		0.623	1.437	2.647
Cystine	g . . .	0.321		0.273	0.629	1.159
Phenylalanine	g . . .	1.117		0.949	2.189	4.033
Tyrosine	g . . .	0.962		0.818	1.886	3.474
Valine	g . . .	1.392		1.183	2.728	5.027
Arginine	g . . .	1.809		1.538	3.546	6.532
Histidine	g . . .	0.980		0.833	1.921	3.539
Alanine	g . . .	1.726		1.467	3.383	6.233
Aspartic acid	g . . .	2.615		2.223	5.125	9.443
Glutamic acid	g . . .	4.300		3.655	8.428	15.527
Glycine	g . . .	1.561		1.327	3.060	5.637
Proline	g . . .	1.264		1.074	2.477	4.564
Serine	g . . .	1.094		0.930	2.144	3.950

¹Yield from 11.3 oz (320 g) raw steak with refuse.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 5%, separable fat 22%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	70.78		321.05	20.07	234.35
Food energy	{ kcal . .	139		629	39	459
	{ kJ . . .	580		2,633	165	1,922
Protein (N X 6.25)	g . . .	21.53		97.68	6.10	71.30
Total lipid (fat)	g . . .	5.19		23.52	1.47	17.17
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.89		4.01	0.25	2.93
MINERALS:						
Calcium	mg . . .	5		24	2	18
Iron	mg . . .	1.78		8.09	0.51	5.90
Magnesium	mg . . .	22		102	6	74
Phosphorus	mg . . .	185		841	53	614
Potassium	mg . . .	349		1,583	99	1,156
Sodium	mg . . .	59		268	17	196
Zinc	mg . . .	3.64		16.49	1.03	12.04
Copper	mg . . .	0.078		0.354	0.022	0.258
Manganese	mg . . .	0.014		0.064	0.004	0.046
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.097		0.440	0.027	0.321
Riboflavin	mg . . .	0.151		0.685	0.043	0.500
Niacin	mg . . .	4.453		20.199	1.262	14.744
Pantothenic acid	mg . . .	0.361		1.637	0.102	1.195
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.46
Folic acid	mcg . . .	7		32	2	24
Vitamin B ₁₂	mcg . . .	3.05		13.84	0.86	10.10
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.07		9.40	0.59	6.86
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.15		0.70	0.04	0.51
16:0	g . . .	1.23		5.58	0.35	4.07
18:0	g . . .	0.60		2.70	0.17	1.97
Monounsaturated, total	g . . .	2.32		10.53	0.66	7.69
16:1	g . . .	0.19		0.84	0.05	0.62
18:1	g . . .	2.03		9.19	0.57	6.71
20:1	g . . .	0.00		0.02	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.19		0.85	0.05	0.62
18:2	g . . .	0.15		0.68	0.04	0.50
18:3	g . . .	0.01		0.04	0.00	0.03
18:4	g . . .					
20:4	g . . .	0.02		0.10	0.01	0.07
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		266	17	194
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.241		1.093	0.068	0.798
Threonine	g . . .	0.940		4.264	0.266	3.112
Isoleucine	g . . .	0.968		4.391	0.274	3.205
Leucine	g . . .	1.702		7.720	0.483	5.635
Lysine	g . . .	1.791		8.124	0.508	5.930
Methionine	g . . .	0.551		2.499	0.156	1.824
Cystine	g . . .	0.241		1.093	0.068	0.798
Phenylalanine	g . . .	0.841		3.815	0.238	2.785
Tyrosine	g . . .	0.723		3.280	0.205	2.394
Valine	g . . .	1.047		4.749	0.297	3.467
Arginine	g . . .	1.361		6.173	0.386	4.506
Histidine	g . . .	0.737		3.343	0.209	2.440
Alanine	g . . .	1.299		5.892	0.368	4.301
Aspartic acid	g . . .	1.967		8.922	0.558	6.513
Glutamic acid	g . . .	3.235		14.674	0.917	10.711
Glycine	g . . .	1.175		5.330	0.333	3.890
Proline	g . . .	0.951		4.314	0.270	3.149
Serine	g . . .	0.823		3.733	0.233	2.725

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 7%, separable fat 14%
				3 oz = 85 g	1 steak raw AP yields 196 g EP ¹	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	61.17		51.99	119.89	221.12
Food energy	{ kcal kJ . . .	190 796		162 676	373 1,560	688 2,877
Protein (N X6 . 25)	g . . .	28.62		24.32	56.09	103.45
Total lipid (fat)	g . . .	7.54		6.41	14.77	27.25
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.17		1.00	2.30	4.24
MINERALS:						
Calcium	mg . . .	8		7	15	28
Iron	mg . . .	2.47		2.10	4.85	8.94
Magnesium	mg . . .	27		23	54	99
Phosphorus	mg . . .	218		185	427	788
Potassium	mg . . .	396		336	776	1,431
Sodium	mg . . .	68		57	133	244
Zinc	mg . . .	5.22		4.44	10.23	18.87
Copper	mg . . .	0.107		0.091	0.210	0.387
Manganese	mg . . .	0.016		0.014	0.031	0.058
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.090		0.077	0.176	0.325
Riboflavin	mg . . .	0.198		0.168	0.388	0.716
Niacin	mg . . .	5.341		4.540	10.468	19.308
Pantothenic acid	mg . . .	0.366		0.311	0.717	1.323
Vitamin B ₆	mg . . .	0.42		0.36	0.82	1.52
Folic acid	mcg . . .	8		7	16	29
Vitamin B ₁₂	mcg . . .	2.00		1.70	3.92	7.23
Vitamin A	{ RE IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.02		2.56	5.91	10.90
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.01	0.01
12:0	g . . .	0.01		0.00	0.01	0.02
14:0	g . . .	0.22		0.19	0.43	0.79
16:0	g . . .	1.72		1.46	3.36	6.20
18:0	g . . .	0.93		0.79	1.83	3.37
Monounsaturated, total	g . . .	3.14		2.67	6.16	11.36
16:1	g . . .	0.24		0.21	0.47	0.87
18:1	g . . .	2.79		2.37	5.46	10.07
20:1	g . . .	0.00		0.00	0.01	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.26		0.22	0.51	0.94
18:2	g . . .	0.19		0.16	0.38	0.70
18:3	g . . .	0.02		0.02	0.04	0.07
18:4	g . . .					
20:4	g . . .	0.03		0.03	0.06	0.12
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	76		65	150	276
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.321		0.273	0.629	1.160
Threonine	g . . .	1.250		1.063	2.450	4.519
Isoleucine	g . . .	1.287		1.094	2.523	4.653
Leucine	g . . .	2.262		1.923	4.434	8.177
Lysine	g . . .	2.381		2.024	4.667	8.607
Methionine	g . . .	0.733		0.623	1.437	2.650
Cystine	g . . .	0.321		0.273	0.629	1.160
Phenylalanine	g . . .	1.117		0.949	2.189	4.038
Tyrosine	g . . .	0.962		0.818	1.886	3.478
Valine	g . . .	1.392		1.183	2.728	5.032
Arginine	g . . .	1.809		1.538	3.546	6.540
Histidine	g . . .	0.980		0.833	1.921	3.543
Alanine	g . . .	1.726		1.467	3.383	6.239
Aspartic acid	g . . .	2.615		2.223	5.125	9.453
Glutamic acid	g . . .	4.300		3.655	8.428	15.545
Glycine	g . . .	1.561		1.327	3.060	5.643
Proline	g . . .	1.264		1.074	2.477	4.569
Serine	g . . .	1.094		0.930	2.144	3.955

¹Yield from 11.3 oz (320 g) raw steak with refuse.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Connective tissue 5%, separable fat 26%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	67.39		305.70	19.11	210.61
Food energy	{ kcal . . . kJ . . .	189 790		856 3,581	53 224	590 2,467
Protein (N X6.25)	g . . .	21.53		97.68	6.10	67.29
Total lipid (fat)	g . . .	10.73		48.65	3.04	33.52
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.89		4.01	0.25	2.77
MINERALS:						
Calcium	mg . . .	5		24	2	17
Iron	mg . . .	1.78		8.09	0.51	5.57
Magnesium	mg . . .	22		102	6	70
Phosphorus	mg . . .	185		841	53	580
Potassium	mg . . .	349		1,583	99	1,091
Sodium	mg . . .	59		268	17	185
Zinc	mg . . .	3.64		16.49	1.03	11.36
Copper	mg . . .	0.078		0.354	0.022	0.244
Manganese	mg . . .	0.014		0.064	0.004	0.044
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.097		0.440	0.027	0.303
Riboflavin	mg . . .	0.151		0.685	0.043	0.472
Niacin	mg . . .	4.453		20.199	1.262	13.916
Pantothenic acid	mg . . .	0.361		1.637	0.102	1.128
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.38
Folic acid	mcg . . .	7		32	2	22
Vitamin B ₁₂	mcg . . .	3.05		13.84	0.86	9.53
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	4.29		19.45	1.22	13.40
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.01	0.00	0.01
12:0	g . . .	0.01		0.03	0.00	0.02
14:0	g . . .	0.32		1.44	0.09	0.99
16:0	g . . .	2.54		11.54	0.72	7.95
18:0	g . . .	1.23		5.59	0.35	3.85
Monounsaturated, total	g . . .	4.81		21.80	1.36	15.02
16:1	g . . .	0.39		1.75	0.11	1.21
18:1	g . . .	4.19		19.01	1.19	13.09
20:1	g . . .	0.01		0.04	0.00	0.03
22:1	g . . .					
Polyunsaturated, total	g . . .	0.39		1.76	0.11	1.22
18:2	g . . .	0.31		1.41	0.09	0.97
18:3	g . . .	0.02		0.07	0.00	0.05
18:4	g . . .					
20:4	g . . .	0.05		0.21	0.01	0.15
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	59		266	17	183
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.241		1.093	0.068	0.753
Threonine	g . . .	0.940		4.264	0.266	2.938
Isoleucine	g . . .	0.968		4.391	0.274	3.025
Leucine	g . . .	1.702		7.720	0.483	5.319
Lysine	g . . .	1.791		8.124	0.508	5.597
Methionine	g . . .	0.551		2.499	0.156	1.722
Cystine	g . . .	0.241		1.093	0.068	0.753
Phenylalanine	g . . .	0.841		3.815	0.238	2.628
Tyrosine	g . . .	0.723		3.280	0.205	2.259
Valine	g . . .	1.047		4.749	0.297	3.272
Arginine	g . . .	1.361		6.173	0.386	4.253
Histidine	g . . .	0.737		3.343	0.209	2.303
Alanine	g . . .	1.299		5.892	0.368	4.059
Aspartic acid	g . . .	1.967		8.922	0.558	6.147
Glutamic acid	g . . .	3.235		14.674	0.917	10.109
Glycine	g . . .	1.175		5.330	0.333	3.672
Proline	g . . .	0.951		4.314	0.270	2.972
Serine	g . . .	0.823		3.733	0.233	2.572

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 steak raw AP yields 179 g EP ¹	Refuse: Connective tissue 8%, separable fat 20%
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	57.12		48.55	102.24	187.87
Food energy	{ kcal kJ	245 1,025		208 871	438 1,834	806 3,370
Protein (N X6.25)	g	28.62		24.32	51.22	94.12
Total lipid (fat)	g	13.61		11.56	24.35	44.75
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.17		1.00	2.10	3.86
MINERALS:						
Calcium	mg	8		7	14	26
Iron	mg	2.47		2.10	4.43	8.13
Magnesium	mg	27		23	49	90
Phosphorus	mg	218		185	390	717
Potassium	mg	396		336	708	1,302
Sodium	mg	68		57	121	222
Zinc	mg	5.22		4.44	9.34	17.17
Copper	mg	0.107		0.091	0.192	0.352
Manganese	mg	0.016		0.014	0.029	0.053
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.090		0.077	0.161	0.296
Riboflavin	mg	0.198		0.168	0.354	0.651
Niacin	mg	5.341		4.540	9.560	17.567
Pantothenic acid	mg	0.366		0.311	0.65 ^E	1.204
Vitamin B ₆	mg	0.42		0.36	0.75	1.38
Folic acid	mcg	8		7	15	27
Vitamin B ₁₂	mcg	2.00		1.70	3.58	6.58
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	5.45		4.63	9.75	17.92
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.01	0.01	0.02
12:0	g	0.01		0.01	0.02	0.03
14:0	g	0.40		0.34	0.71	1.30
16:0	g	3.10		2.63	5.54	10.18
18:0	g	1.69		1.43	3.02	5.54
Monounsaturated, total	g	5.67		4.82	10.15	18.66
16:1	g	0.44		0.37	0.78	1.44
18:1	g	5.03		4.27	9.00	16.54
20:1	g	0.01		0.01	0.01	0.02
22:1	g					
Polyunsaturated, total	g	0.47		0.40	0.84	1.55
18:2	g	0.35		0.30	0.63	1.15
18:3	g	0.03		0.03	0.06	0.11
18:4	g					
20:4	g	0.06		0.05	0.11	0.20
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	76		65	137	251
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.321		0.273	0.575	1.056
Threonine	g	1.250		1.063	2.238	4.111
Isoleucine	g	1.287		1.094	2.304	4.233
Leucine	g	2.262		1.923	4.049	7.440
Lysine	g	2.381		2.024	4.262	7.831
Methionine	g	0.733		0.623	1.312	2.411
Cystine	g	0.321		0.273	0.575	1.056
Phenylalanine	g	1.117		0.949	1.999	3.674
Tyrosine	g	0.962		0.818	1.722	3.164
Valine	g	1.392		1.183	2.492	4.578
Arginine	g	1.809		1.538	3.238	5.950
Histidine	g	0.980		0.833	1.754	3.223
Alanine	g	1.726		1.467	3.090	5.677
Aspartic acid	g	2.615		2.223	4.681	8.601
Glutamic acid	g	4.300		3.655	7.697	14.143
Glycine	g	1.561		1.327	2.794	5.134
Proline	g	1.264		1.074	2.263	4.157
Serine	g	1.094		0.930	1.958	3.598

¹Yield from 11.3 oz (320 g) raw steak with refuse.

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN AND FAT, All grades, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	60.11		272.68	17.04	238.05
Food energy	{ kcal . . . kJ . . .	260 1,088		1,179 4,933	74 308	1,029 4,307
Protein (N X6.25)	g . . .	18.24		82.74	5.17	72.23
Total lipid (fat)	g . . .	20.18		91.54	5.72	79.92
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.90		4.06	0.25	3.54
MINERALS:						
Calcium	mg . . .	8		34	2	30
Iron	mg . . .	2.24		10.18	0.64	8.89
Magnesium	mg . . .	20		89	6	77
Phosphorus	mg . . .	176		798	50	697
Potassium	mg . . .	293		1,331	83	1,162
Sodium	mg . . .	52		234	15	204
Zinc	mg . . .	3.42		15.51	0.97	13.54
Copper	mg . . .	0.082		0.372	0.023	0.325
Manganese	mg . . .	0.012		0.054	0.003	0.048
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.111		0.503	0.031	0.440
Riboflavin	mg . . .	0.194		0.880	0.055	0.768
Niacin	mg . . .	3.069		13.921	0.870	12.153
Pantothenic acid	mg . . .	0.305		1.383	0.086	1.208
Vitamin B ₆	mg . . .	0.38		1.71	0.11	1.49
Folacin	mcg . . .	7		30	2	26
Vitamin B ₁₂	mcg . . .	2.77		12.58	0.79	10.99
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	8.63		39.15	2.45	34.18
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.32	0.02	0.28
12:0	g . . .	0.05		0.22	0.01	0.19
14:0	g . . .	0.64		2.90	0.18	2.53
16:0	g . . .	4.90		22.24	1.39	19.41
18:0	g . . .	2.47		11.20	0.70	9.78
Monounsaturated, total	g . . .	9.07		41.13	2.57	35.91
16:1	g . . .	1.01		4.58	0.29	4.00
18:1	g . . .	7.63		34.61	2.16	30.21
20:1	g . . .	0.03		0.13	0.01	0.11
22:1	g . . .					
Polyunsaturated, total	g . . .	0.78		3.53	0.22	3.08
18:2	g . . .	0.49		2.22	0.14	1.94
18:3	g . . .	0.25		1.14	0.07	0.99
18:4	g . . .					
20:4	g . . .	0.03		0.12	0.01	0.10
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	69		315	20	275
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.204		0.925	0.058	0.808
Threonine	g . . .	0.797		3.615	0.226	3.156
Isoleucine	g . . .	0.820		3.720	0.232	3.247
Leucine	g . . .	1.441		6.536	0.409	5.706
Lysine	g . . .	1.517		6.881	0.430	6.007
Methionine	g . . .	0.467		2.118	0.132	1.849
Cystine	g . . .	0.204		0.925	0.058	0.808
Phenylalanine	g . . .	0.712		3.230	0.202	2.820
Tyrosine	g . . .	0.613		2.781	0.174	2.427
Valine	g . . .	0.887		4.023	0.251	3.513
Arginine	g . . .	1.153		5.230	0.327	4.566
Histidine	g . . .	0.624		2.830	0.177	2.471
Alanine	g . . .	1.100		4.990	0.312	4.356
Aspartic acid	g . . .	1.666		7.557	0.472	6.597
Glutamic acid	g . . .	2.740		12.429	0.777	10.850
Glycine	g . . .	0.995		4.513	0.282	3.940
Proline	g . . .	0.805		3.651	0.228	3.188
Serine	g . . .	0.697		3.162	0.198	2.760

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				3 oz = 85 g	1 lb raw AP yields 283 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 52.58			44.69	148.80	207.16
Food energy	{ kcal 280			238	791	1,102
	{ kJ 1,170			994	3,311	4,610
Protein (N X 6.25)	g 27.39			23.28	77.52	107.92
Total lipid (fat)	g 18.03			15.33	51.03	71.05
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.23			1.04	3.47	4.83
MINERALS:						
Calcium	mg 11			9	31	44
Iron	mg 3.01			2.56	8.51	11.85
Magnesium	mg 28			24	79	109
Phosphorus	mg 218			186	618	860
Potassium	mg 360			306	1,018	1,417
Sodium	mg 63			53	177	246
Zinc	mg 5.75			4.88	16.26	22.64
Copper	mg 0.137			0.116	0.388	0.540
Manganese	mg 0.015			0.013	0.042	0.059
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.112			0.095	0.317	0.441
Riboflavin	mg 0.264			0.224	0.747	1.040
Niacin	mg 3.869			3.289	10.949	15.244
Pantothenic acid	mg 0.351			0.298	0.993	1.383
Vitamin B ₆	mg 0.40			0.34	1.14	1.59
Folic acid	mcg 9			8	25	35
Vitamin B ₁₂	mcg 2.66			2.26	7.53	10.48
Vitamin A	{ RE --			--	--	--
	{ IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 7.51			6.39	21.26	29.61
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.04			0.04	0.12	0.17
12:0	g 0.04			0.03	0.12	0.16
14:0	g 0.55			0.47	1.56	2.17
16:0	g 4.35			3.69	12.30	17.12
18:0	g 2.21			1.88	6.25	8.70
Monounsaturated, total	g 8.07			6.86	22.85	31.81
16:1	g 0.71			0.60	2.00	2.78
18:1	g 7.02			5.96	19.86	27.65
20:1	g 0.03			0.03	0.09	0.12
22:1	g					
Polyunsaturated, total	g 0.72			0.61	2.02	2.82
18:2	g 0.48			0.40	1.34	1.87
18:3	g 0.17			0.15	0.49	0.68
18:4	g					
20:4	g 0.04			0.04	0.12	0.17
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 90			77	255	355
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.307			0.261	0.869	1.210
Threonine	g 1.196			1.017	3.385	4.712
Isoleucine	g 1.231			1.046	3.484	4.850
Leucine	g 2.165			1.840	6.127	8.530
Lysine	g 2.279			1.937	6.450	8.979
Methionine	g 0.701			0.596	1.984	2.762
Cystine	g 0.307			0.261	0.869	1.210
Phenylalanine	g 1.069			0.909	3.025	4.212
Tyrosine	g 0.920			0.782	2.604	3.625
Valine	g 1.332			1.132	3.770	5.248
Arginine	g 1.731			1.471	4.899	6.820
Histidine	g 0.938			0.797	2.655	3.696
Alanine	g 1.652			1.404	4.675	6.509
Aspartic acid	g 2.502			2.127	7.081	9.858
Glutamic acid	g 4.115			3.498	11.645	16.213
Glycine	g 1.494			1.270	4.228	5.886
Proline	g 1.209			1.028	3.421	4.763
Serine	g 1.047			0.890	2.963	4.125

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	59.75			271.04	16.94	236.86
Food energy { kcal . . .	264			1,198	75	1,047
Protein (N X 6.25) g . . .	1,105			5,011	313	4,379
Total lipid (fat) g . . .	18.18			82.45	5.15	72.05
Carbohydrate, total g . . .	20.67			93.75	5.86	81.92
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.00			0.00	0.00	0.00
	0.89			4.04	0.25	3.53
MINERALS:						
Calcium mg . . .	8			34	2	30
Iron mg . . .	2.24			10.14	0.63	8.86
Magnesium mg . . .	19			88	6	77
Phosphorus mg . . .	175			795	50	695
Potassium mg . . .	292			1,324	83	1,157
Sodium mg . . .	51			233	15	204
Zinc mg . . .	3.40			15.44	0.96	13.49
Copper mg . . .	0.081			0.367	0.023	0.321
Manganese mg . . .	0.012			0.054	0.003	0.048
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.110			0.499	0.031	0.436
Riboflavin mg . . .	0.193			0.875	0.055	0.765
Niacin mg . . .	3.058			13.871	0.867	12.122
Pantothenic acid mg . . .	0.304			1.379	0.086	1.205
Vitamin B ₆ mg . . .	0.38			1.71	0.11	1.49
Folic acid mcg . . .	7			30	2	26
Vitamin B ₁₂ mcg . . .	2.77			12.54	0.78	10.96
Vitamin A { RE . . .	--			--	--	--
	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	8.84			40.08	2.50	35.02
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.07			0.33	0.02	0.29
12:0 g . . .	0.05			0.23	0.01	0.20
14:0 g . . .	0.65			2.97	0.19	2.59
16:0 g . . .	5.02			22.77	1.42	19.90
18:0 g . . .	2.53			11.47	0.72	10.02
Monounsaturated, total g . . .	9.28			42.11	2.63	36.80
16:1 g . . .	1.03			4.69	0.29	4.10
18:1 g . . .	7.81			35.44	2.22	30.97
20:1 g . . .	0.03			0.13	0.01	0.11
22:1 g . . .						
Polyunsaturated, total g . . .	0.80			3.62	0.23	3.16
18:2 g . . .	0.50			2.28	0.14	1.99
18:3 g . . .	0.26			1.17	0.07	1.02
18:4 g . . .						
20:4 g . . .	0.03			0.12	0.01	0.11
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	70			316	20	276
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.204			0.925	0.058	0.809
Threonine g . . .	0.794			3.602	0.225	3.147
Isoleucine g . . .	0.817			3.706	0.232	3.239
Leucine g . . .	1.437			6.518	0.407	5.696
Lysine g . . .	1.512			6.858	0.429	5.994
Methionine g . . .	0.465			2.109	0.132	1.843
Cystine g . . .	0.204			0.925	0.058	0.809
Phenylalanine g . . .	0.710			3.221	0.201	2.814
Tyrosine g . . .	0.611			2.771	0.173	2.422
Valine g . . .	0.884			4.010	0.251	3.504
Arginine g . . .	1.149			5.212	0.326	4.555
Histidine g . . .	0.622			2.821	0.176	2.466
Alanine g . . .	1.096			4.971	0.311	4.345
Aspartic acid g . . .	1.660			7.530	0.471	6.580
Glutamic acid g . . .	2.731			12.388	0.774	10.826
Glycine g . . .	0.992			4.500	0.281	3.932
Proline g . . .	0.803			3.642	0.228	3.183
Serine g . . .	0.695			3.153	0.197	2.755

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN AND FAT, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				3 oz = 85 g	1 lb raw AP yields 284 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 52.38			44.52	148.75	206.68
Food energy	{ kcal 283			240	804	1,116
	{ kJ 1,184			1,006	3,362	4,671
Protein (N X6.25)	g 27.35			23.25	77.68	107.93
Total lipid (fat)	g 18.42			15.66	52.31	72.68
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.23			1.04	3.48	4.83
MINERALS:						
Calcium	mg 11			9	31	44
Iron	mg 3.00			2.55	8.53	11.85
Magnesium	mg 28			24	79	109
Phosphorus	mg 218			185	619	860
Potassium	mg 359			305	1,020	1,417
Sodium	mg 62			53	177	247
Zinc	mg 5.73			4.87	16.28	22.63
Copper	mg 0.137			0.116	0.389	0.541
Manganese	mg 0.015			0.013	0.043	0.059
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.111			0.094	0.315	0.438
Riboflavin	mg 0.263			0.224	0.747	1.038
Niacin	mg 3.863			3.284	10.971	15.243
Pantothenic acid	mg 0.351			0.298	0.997	1.385
Vitamin B ₆	mg 0.40			0.34	1.14	1.59
Folic acid	mcg 9			8	25	35
Vitamin B ₁₂	mcg 2.66			2.26	7.55	10.48
Vitamin A	{ RE --			--	--	--
	{ IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 7.67			6.52	21.79	30.28
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.04			0.04	0.12	0.17
12:0	g 0.04			0.04	0.12	0.17
14:0	g 0.56			0.48	1.60	2.22
16:0	g 4.44			3.77	12.60	17.50
18:0	g 2.26			1.92	6.41	8.91
Monounsaturated, total	g 8.24			7.01	23.41	32.53
16:1	g 0.72			0.61	2.04	2.84
18:1	g 7.17			6.09	20.35	28.28
20:1	g 0.03			0.03	0.09	0.12
22:1	g					
Polyunsaturated, total	g 0.73			0.62	2.08	2.88
18:2	g 0.49			0.41	1.38	1.91
18:3	g 0.18			0.15	0.50	0.69
18:4	g					
20:4	g 0.05			0.04	0.13	0.18
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 90			77	256	355
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.306			0.260	0.869	1.207
Threonine	g 1.195			1.016	3.394	4.715
Isoleucine	g 1.230			1.046	3.493	4.854
Leucine	g 2.162			1.838	6.140	8.531
Lysine	g 2.276			1.935	6.464	8.981
Methionine	g 0.700			0.595	1.988	2.762
Cystine	g 0.306			0.260	0.869	1.207
Phenylalanine	g 1.068			0.908	3.033	4.214
Tyrosine	g 0.919			0.781	2.610	3.626
Valine	g 1.330			1.131	3.777	5.248
Arginine	g 1.729			1.470	4.910	6.823
Histidine	g 0.936			0.796	2.658	3.693
Alanine	g 1.650			1.403	4.686	6.511
Aspartic acid	g 2.499			2.124	7.097	9.861
Glutamic acid	g 4.109			3.493	11.670	16.214
Glycine	g 1.492			1.268	4.237	5.887
Proline	g 1.208			1.027	3.431	4.767
Serine	g 1.046			0.889	2.971	4.128

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN AND FAT, Choice, Cooked, pan-fried

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of
	Mean	Standard error	Number of samples	Approximate measure and weight		1 pound of food as purchased Refuse: Bone 14%
				3 oz = 85 g	1 lb raw AP yields 269 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	47.32		40.23	127.30	184.37
Food energy	{ kcal . . . kJ . . .	339 1,420		288 1,207	913 3,819	1,322 5,531
Protein (N X6.25)	g . . .	27.46		23.34	73.86	106.98
Total lipid (fat)	g . . .	24.62		20.92	66.22	95.91
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.22		1.03	3.27	4.74
MINERALS:						
Calcium	mg . . .	11		10	31	44
Iron	mg . . .	3.25		2.76	8.74	12.65
Magnesium	mg . . .	27		23	72	104
Phosphorus	mg . . .	223		190	600	869
Potassium	mg . . .	385		328	1,037	1,502
Sodium	mg . . .	68		58	184	267
Zinc	mg . . .	5.25		4.46	14.12	20.45
Copper	mg . . .	0.135		0.115	0.363	0.526
Manganese	mg . . .	0.016		0.014	0.043	0.062
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.117		0.099	0.315	0.456
Riboflavin	mg . . .	0.273		0.232	0.734	1.064
Niacin	mg . . .	3.669		3.119	9.870	14.294
Pantothenic acid	mg . . .	0.369		0.314	0.993	1.438
Vitamin B ₆	mg . . .	0.42		0.35	1.12	1.62
Folic acid	mcg . . .	9		7	23	34
Vitamin B ₁₂	mcg . . .	3.21		2.73	8.63	12.51
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.06		8.55	27.06	39.19
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.07		0.06	0.17	0.25
12:0	g . . .	0.06		0.05	0.16	0.24
14:0	g . . .	0.73		0.62	1.97	2.85
16:0	g . . .	5.86		4.98	15.75	22.81
18:0	g . . .	2.92		2.49	7.87	11.39
Monounsaturated, total	g . . .	11.62		9.87	31.25	45.26
16:1	g . . .	0.94		0.80	2.53	3.66
18:1	g . . .	9.64		8.20	25.94	37.57
20:1	g . . .	0.05		0.04	0.12	0.18
22:1	g . . .					
Polyunsaturated, total	g . . .	1.30		1.10	3.49	5.05
18:2	g . . .	0.95		0.81	2.56	3.71
18:3	g . . .	0.28		0.24	0.75	1.08
18:4	g . . .					
20:4	g . . .	0.04		0.04	0.11	0.16
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	98		84	265	384
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.308		0.262	0.829	1.200
Threonine	g . . .	1.199		1.019	3.225	4.671
Isoleucine	g . . .	1.234		1.049	3.319	4.808
Leucine	g . . .	2.170		1.845	5.837	8.454
Lysine	g . . .	2.284		1.941	6.144	8.898
Methionine	g . . .	0.703		0.598	1.891	2.739
Cystine	g . . .	0.308		0.262	0.829	1.2

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN AND FAT, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	61.36		278.35	17.40	241.34
Food energy	{ kcal	246		1,115	70	967
	{ kJ	1,029		4,666	292	4,046
Protein (N X 6.25)	g	18.48		83.80	5.24	72.66
Total lipid (fat)	g	18.51		83.97	5.25	72.81
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.91		4.12	0.26	3.58
MINERALS:						
Calcium	mg	8		34	2	30
Iron	mg	2.28		10.34	0.65	8.97
Magnesium	mg	20		90	6	78
Phosphorus	mg	178		809	51	702
Potassium	mg	299		1,355	85	1,175
Sodium	mg	52		236	15	205
Zinc	mg	3.48		15.76	0.99	13.67
Copper	mg	0.083		0.376	0.024	0.326
Manganese	mg	0.012		0.054	0.003	0.047
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.112		0.508	0.032	0.440
Riboflavin	mg	0.197		0.894	0.056	0.775
Niacin	mg	3.108		14.098	0.881	12.224
Pantothenic acid	mg	0.309		1.402	0.088	1.215
Vitamin B ₆	mg	0.38		1.73	0.11	1.50
Folacin	mcg	7		31	2	26
Vitamin B ₁₂	mcg	2.81		12.72	0.80	11.03
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.93		35.97	2.25	31.19
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.07		0.29	0.02	0.26
12:0	g	0.05		0.20	0.01	0.18
14:0	g	0.59		2.66	0.17	2.31
16:0	g	4.50		20.41	1.28	17.69
18:0	g	2.27		10.28	0.64	8.91
Monounsaturated, total	g	8.32		37.74	2.36	32.72
16:1	g	0.93		4.21	0.26	3.65
18:1	g	7.00		31.75	1.98	27.53
20:1	g	0.03		0.11	0.01	0.10
22:1	g					
Polyunsaturated, total	g	0.71		3.23	0.20	2.80
18:2	g	0.45		2.03	0.13	1.76
18:3	g	0.23		1.05	0.07	0.91
18:4	g					
20:4	g	0.02		0.10	0.01	0.09
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	69		312	20	271
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.207		0.939	0.059	0.814
Threonine	g	0.807		3.661	0.229	3.174
Isoleucine	g	0.830		3.765	0.235	3.264
Leucine	g	1.460		6.623	0.414	5.742
Lysine	g	1.537		6.972	0.436	6.045
Methionine	g	0.473		2.146	0.134	1.860
Cystine	g	0.207		0.939	0.059	0.814
Phenylalanine	g	0.721		3.270	0.204	2.836
Tyrosine	g	0.621		2.817	0.176	2.442
Valine	g	0.898		4.073	0.255	3.532
Arginine	g	1.167		5.294	0.331	4.590
Histidine	g	0.632		2.867	0.179	2.486
Alanine	g	1.114		5.053	0.316	4.381
Aspartic acid	g	1.687		7.652	0.478	6.635
Glutamic acid	g	2.775		12.587	0.787	10.914
Glycine	g	1.008		4.572	0.286	3.964
Proline	g	0.816		3.701	0.231	3.209
Serine	g	0.706		3.202	0.200	2.777

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN AND FAT, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%
				3 oz = 85 g	1 lb raw AP yields 284 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	52.86		44.93	150.13	208.38
Food energy	{ <i>kcal</i> <i>kJ</i>	273 1,144		232 972	777 3,249	1,078 4,510
Protein (N X6.25)	g	27.35		23.25	77.68	107.82
Total lipid (fat)	g	17.37		14.76	49.32	68.46
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.23		1.04	3.48	4.83
MINERALS:						
Calcium	mg	11		9	31	44
Iron	mg	3.00		2.55	8.53	11.84
Magnesium	mg	28		24	79	109
Phosphorus	mg	218		185	619	859
Potassium	mg	359		305	1,020	1,416
Sodium	mg	62		53	177	246
Zinc	mg	5.73		4.87	16.28	22.60
Copper	mg	0.137		0.116	0.389	0.540
Manganese	mg	0.015		0.013	0.043	0.059
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.111		0.094	0.315	0.438
Riboflavin	mg	0.263		0.224	0.747	1.037
Niacin	mg	3.863		3.284	10.971	15.228
Pantothenic acid	mg	0.351		0.298	0.997	1.384
Vitamin B ₆	mg	0.40		0.34	1.14	1.58
Folic acid	mcg	9		8	25	35
Vitamin B ₁₂	mcg	2.66		2.26	7.55	10.47
Vitamin A	{ <i>RE</i> <i>IU</i>	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.24		6.16	20.57	28.56
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.04		0.04	0.12	0.17
12:0	g	0.04		0.03	0.12	0.16
14:0	g	0.54		0.45	1.52	2.11
16:0	g	4.20		3.57	11.93	16.55
18:0	g	2.11		1.80	6.00	8.33
Monounsaturated, total	g	7.78		6.61	22.10	30.67
16:1	g	0.69		0.58	1.95	2.71
18:1	g	6.75		5.74	19.18	26.62
20:1	g	0.03		0.03	0.09	0.12
22:1	g					
Polyunsaturated, total	g	0.69		0.58	1.95	2.70
18:2	g	0.45		0.39	1.29	1.79
18:3	g	0.17		0.15	0.49	0.68
18:4	g					
20:4	g	0.04		0.03	0.11	0.15
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	90		77	256	355
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.306		0.260	0.869	1.206
Threonine	g	1.195		1.016	3.394	4.711
Isoleucine	g	1.230		1.046	3.493	4.849
Leucine	g	2.162		1.838	6.140	8.523
Lysine	g	2.276		1.935	6.464	8.972
Methionine	g	0.700		0.595	1.988	2.759
Cystine	g	0.306		0.260	0.869	1.206
Phenylalanine	g	1.068		0.908	3.033	4.210
Tyrosine	g	0.919		0.781	2.610	3.623
Valine	g	1.330		1.131	3.777	5.243
Arginine	g	1.729		1.470	4.910	6.816
Histidine	g	0.936		0.796	2.658	3.690
Alanine	g	1.650		1.403	4.686	6.504
Aspartic acid	g	2.499		2.124	7.097	9.851
Glutamic acid	g	4.109		3.493	11.670	16.198
Glycine	g	1.492		1.268	4.237	5.881
Proline	g	1.208		1.027	3.431	4.762
Serine	g	1.046		0.889	2.971	4.123

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN AND FAT, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 14%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.47		260.67	16.29	224.17
Food energy	{ kcal . . .	291		1,319	82	1,134
	{ kJ . . .	1,216		5,518	345	4,745
Protein (N X 6.25)	g . . .	17.82		80.85	5.05	69.53
Total lipid (fat)	g . . .	23.80		107.93	6.75	92.82
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.87		3.94	0.25	3.39
MINERALS:						
Calcium	mg . . .	8		35	2	30
Iron	mg . . .	2.18		9.90	0.62	8.51
Magnesium	mg . . .	19		86	5	74
Phosphorus	mg . . .	171		778	49	669
Potassium	mg . . .	284		1,288	80	1,108
Sodium	mg . . .	51		230	14	197
Zinc	mg . . .	3.32		15.05	0.94	12.94
Copper	mg . . .	0.080		0.363	0.023	0.312
Manganese	mg . . .	0.012		0.054	0.003	0.047
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.108		0.490	0.031	0.421
Riboflavin	mg . . .	0.189		0.857	0.054	0.737
Niacin	mg . . .	3.000		13.608	0.851	11.703
Pantothenic acid	mg . . .	0.298		1.352	0.084	1.162
Vitamin B ₆	mg . . .	0.37		1.67	0.10	1.44
Folacin	mcg . . .	6		29	2	25
Vitamin B ₁₂	mcg . . .	2.72		12.33	0.77	10.61
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.12		45.90	2.87	39.47
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.08		0.37	0.02	0.32
12:0	g . . .	0.06		0.25	0.02	0.22
14:0	g . . .	0.75		3.39	0.21	2.91
16:0	g . . .	5.76		26.11	1.63	22.45
18:0	g . . .	2.91		13.18	0.82	11.33
Monounsaturated, total	g . . .	10.67		48.39	3.02	41.61
16:1	g . . .	1.18		5.33	0.33	4.58
18:1	g . . .	8.99		40.78	2.55	35.07
20:1	g . . .	0.03		0.15	0.01	0.13
22:1	g . . .					
Polyunsaturated, total	g . . .	0.93		4.20	0.26	3.62
18:2	g . . .	0.59		2.67	0.17	2.30
18:3	g . . .	0.29		1.30	0.08	1.12
18:4	g . . .					
20:4	g . . .	0.04		0.16	0.01	0.14
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	71		321	20	276
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.200		0.907	0.057	0.780
Threonine	g . . .	0.778		3.529	0.221	3.035
Isoleucine	g . . .	0.801		3.633	0.227	3.125
Leucine	g . . .	1.408		6.387	0.399	5.493
Lysine	g . . .	1.483		6.727	0.420	5.785
Methionine	g . . .	0.456		2.068	0.129	1.779
Cystine	g . . .	0.200		0.907	0.057	0.780
Phenylalanine	g . . .	0.696		3.157	0.197	2.715
Tyrosine	g . . .	0.599		2.717	0.170	2.337
Valine	g . . .	0.867		3.933	0.246	3.382
Arginine	g . . .	1.126		5.108	0.319	4.393
Histidine	g . . .	0.610		2.767	0.173	2.380
Alanine	g . . .	1.075		4.876	0.305	4.194
Aspartic acid	g . . .	1.628		7.385	0.462	6.351
Glutamic acid	g . . .	2.677		12.143	0.759	10.443
Glycine	g . . .	0.972		4.409	0.276	3.792
Proline	g . . .	0.787		3.570	0.223	3.070
Serine	g . . .	0.681		3.089	0.193	2.657

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN AND FAT, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 16%
				3 oz = 85 g	1 lb raw AP yields 275 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	49.97		42.48	137.43	190.65
Food energy	{ kcal . .	319		271	878	1,218
	{ kJ . . .	1,336		1,136	3,675	5,098
Protein (N X6.25)	g . . .	26.68		22.68	73.37	101.79
Total lipid (fat)	g . . .	22.78		19.36	62.64	86.90
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.19		1.01	3.28	4.56
MINERALS:						
Calcium	mg . . .	11		9	31	43
Iron	mg . . .	2.93		2.49	8.04	11.16
Magnesium	mg . . .	27		23	74	102
Phosphorus	mg . . .	212		180	584	810
Potassium	mg . . .	349		297	961	1,333
Sodium	mg . . .	62		52	169	235
Zinc	mg . . .	5.56		4.73	15.29	21.21
Copper	mg . . .	0.135		0.115	0.371	0.515
Manganese	mg . . .	0.015		0.013	0.041	0.057
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.108		0.092	0.297	0.412
Riboflavin	mg . . .	0.256		0.218	0.704	0.977
Niacin	mg . . .	3.771		3.205	10.370	14.386
Pantothenic acid	mg . . .	0.343		0.292	0.943	1.309
Vitamin B ₆	mg . . .	0.39		0.33	1.08	1.50
Folacin	mcg . . .	9		7	24	33
Vitamin B ₁₂	mcg . . .	2.62		2.22	7.19	9.98
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	9.49		8.07	26.10	36.21
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.06		0.05	0.15	0.21
12:0	g . . .	0.05		0.04	0.14	0.20
14:0	g . . .	0.70		0.59	1.91	2.65
16:0	g . . .	5.48		4.66	15.07	20.91
18:0	g . . .	2.80		2.38	7.69	10.66
Monounsaturated, total	g . . .	10.20		8.67	28.04	38.89
16:1	g . . .	0.89		0.75	2.44	3.39
18:1	g . . .	8.87		7.54	24.38	33.82
20:1	g . . .	0.04		0.03	0.11	0.15
22:1	g . . .					
Polyunsaturated, total	g . . .	0.91		0.77	2.49	3.46
18:2	g . . .	0.60		0.51	1.65	2.29
18:3	g . . .	0.22		0.18	0.59	0.82
18:4	g . . .					
20:4	g . . .	0.06		0.05	0.16	0.22
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	90		77	248	344
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.299		0.254	0.822	1.141
Threonine	g . . .	1.165		0.990	3.204	4.444
Isoleucine	g . . .	1.200		1.020	3.300	4.578
Leucine	g . . .	2.109		1.793	5.800	8.046
Lysine	g . . .	2.220		1.887	6.105	8.469
Methionine	g . . .	0.683		0.581	1.878	2.606
Cystine	g . . .	0.299		0.254	0.822	1.141
Phenylalanine	g . . .	1.042		0.886	2.866	3.975
Tyrosine	g . . .	0.896		0.762	2.464	3.418
Valine	g . . .	1.298		1.103	3.570	4.952
Arginine	g . . .	1.686		1.433	4.637	6.432
Histidine	g . . .	0.914		0.777	2.514	3.487
Alanine	g . . .	1.609		1.368	4.425	6.138
Aspartic acid	g . . .	2.438		2.072	6.705	9.301
Glutamic acid	g . . .	4.009		3.408	11.025	15.294
Glycine	g . . .	1.456		1.238	4.004	5.555
Proline	g . . .	1.178		1.001	3.240	4.494
Serine	g . . .	1.020		0.867	2.805	3.891

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%, separable fat 20%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 72.04	0.200	21 ¹	326.75	20.42	220.57
Food energy	$\left\{ \begin{array}{l} \text{kcal} \\ \text{kJ} \end{array} \right.$	136		617	39	417
	569			2,583	161	1,744
Protein (N X 6.25)	g 21.24	0.215	24	96.34	6.02	65.03
Total lipid (fat)	g 5.04	0.244	18 ¹	22.84	1.43	15.42
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.08	0.028	15	4.90	0.31	3.31
MINERALS:						
Calcium	mg 7	0.527	11	31	2	21
Iron	mg 2.69	0.083	49	12.22	0.76	8.25
Magnesium	mg 24	0.455	21	111	7	75
Phosphorus	mg 208	5.941	11	944	59	637
Potassium	mg 361	9.108	22	1,638	102	1,106
Sodium	mg 58	2.489	22	264	17	178
Zinc	mg 4.14	0.127	20	18.79	1.17	12.68
Copper	mg 0.096	0.004	18	0.435	0.027	0.294
Manganese	mg 0.014			0.064	0.004	0.043
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.132	0.007	19	0.599	0.037	0.404
Riboflavin	mg 0.231	0.007	19	1.048	0.065	0.707
Niacin	mg 3.563	0.175	19	16.162	1.010	10.910
Pantothenic acid	mg 0.356			1.615	0.101	1.090
Vitamin B ₆	mg 0.44			2.00	0.12	1.35
Folic acid	mcg 8	0.882	10	35	2	24
Vitamin B ₁₂	mcg 3.17	0.286	19	14.37	0.90	9.70
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 1.86			8.45	0.53	5.70
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.00	0.000	18	0.00	0.00	0.00
12:0	g 0.00	0.000	18	0.00	0.00	0.00
14:0	g 0.12	0.006	18	0.53	0.03	0.36
16:0	g 1.07	0.025	18	4.86	0.30	3.28
18:0	g 0.58	0.023	18	2.61	0.16	1.76
Monounsaturated, total	g 2.11			9.56	0.60	6.45
16:1	g 0.15	0.006	18	0.70	0.04	0.47
18:1	g 1.86	0.028	18	8.44	0.53	5.70
20:1	g 0.00	0.001	14	0.02	0.00	0.01
22:1	g					
Polyunsaturated, total	g 0.24			1.11	0.07	0.75
18:2	g 0.19	0.008	18	0.87	0.05	0.59
18:3	g 0.01	0.001	18	0.03	0.00	0.02
18:4	g					
20:4	g 0.04	0.004	18	0.16	0.01	0.11
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 61	0.870	18	275	17	186
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.238			1.080	0.067	0.729
Threonine	g 0.928			4.209	0.263	2.842
Isoleucine	g 0.955			4.332	0.271	2.924
Leucine	g 1.679			7.616	0.476	5.141
Lysine	g 1.767			8.015	0.501	5.411
Methionine	g 0.544			2.468	0.154	1.666
Cystine	g 0.238			1.080	0.067	0.729
Phenylalanine	g 0.829			3.760	0.235	2.538
Tyrosine	g 0.714			3.239	0.202	2.186
Valine	g 1.033			4.686	0.293	3.163
Arginine	g 1.342			6.087	0.380	4.109
Histidine	g 0.727			3.298	0.206	2.226
Alanine	g 1.281			5.811	0.363	3.922
Aspartic acid	g 1.940			8.800	0.550	5.940
Glutamic acid	g 3.191			14.474	0.905	9.771
Glycine	g 1.159			5.257	0.329	3.549
Proline	g 0.938			4.255	0.266	2.872
Serine	g 0.812			3.683	0.230	2.486

¹ Standard error of estimate.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%, separable fat 13%	
				3 oz = 85 g	1 lb raw AP yields 240 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	58.63	0.927	11 ¹	49.83	140.70	195.81
Food energy	{ kcal . . kJ . . .	208 872		177 741	500 2,093	696 2,912	
Protein (N X 6.25)	g . . .	30.37	0.772	11	25.81	72.89	101.43
Total lipid (fat)	g . . .	8.73	0.376	8 ¹	7.42	20.96	29.17
Carbohydrate, total	g . . .	0.00			0.00	0.00	0.00
Crude fiber	g . . .	0.00			0.00	0.00	0.00
Ash	g . . .	1.37	0.033	11	1.16	3.28	4.56
MINERALS:							
Calcium	mg . . .	11	0.896	11	9	25	35
Iron	mg . . .	3.36	0.170	11	2.85	8.05	11.21
Magnesium	mg . . .	32	0.853	11	27	76	105
Phosphorus	mg . . .	244			207	585	814
Potassium	mg . . .	403	16.682	11	342	966	1,344
Sodium	mg . . .	66	5.493	11	56	159	222
Zinc	mg . . .	6.52	0.273	8	5.54	15.64	21.77
Copper	mg . . .	0.146	0.008	8	0.124	0.350	0.488
Manganese	mg . . .	0.017			0.014	0.041	0.057
VITAMINS:							
Ascorbic acid	mg . . .	0.0			0.0	0.0	0.0
Thiamin	mg . . .	0.126	0.009	11	0.107	0.302	0.421
Riboflavin	mg . . .	0.295	0.017	7	0.251	0.708	0.985
Niacin	mg . . .	4.281	0.189	11	3.639	10.274	14.299
Pantothenic acid	mg . . .	0.387			0.329	0.929	1.293
Vitamin B ₆	mg . . .	0.45			0.38	1.08	1.50
Folic acid	mcg . . .	10	1.172	11	8	24	33
Vitamin B ₁₂	mcg . . .	2.85	0.407	11	2.42	6.83	9.50
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --	-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	3.57			3.03	8.56	11.91
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.00	0.000	8	0.00	0.01	0.01
12:0	g . . .	0.01	0.000	8	0.00	0.01	0.02
14:0	g . . .	0.23	0.018	8	0.20	0.56	0.78
16:0	g . . .	1.96	0.054	8	1.66	4.70	6.54
18:0	g . . .	1.20	0.106	8	1.02	2.88	4.01
Monounsaturated, total	g . . .	3.85			3.27	9.24	12.86
16:1	g . . .	0.27	0.017	8	0.23	0.66	0.92
18:1	g . . .	3.44	0.071	8	2.92	8.25	11.48
20:1	g . . .	0.01	0.005	8	0.01	0.02	0.02
22:1	g . . .						
Polyunsaturated, total	g . . .	0.37			0.31	0.88	1.22
18:2	g . . .	0.27	0.020	8	0.23	0.65	0.91
18:3	g . . .	0.02	0.003	8	0.02	0.05	0.06
18:4	g . . .						
20:4	g . . .	0.05	0.006	8	0.04	0.12	0.17
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	89	4.113	8	76	214	298
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.340			0.289	0.816	1.136
Threonine	g . . .	1.327			1.128	3.185	4.432
Isoleucine	g . . .	1.365			1.160	3.276	4.559
Leucine	g . . .	2.400			2.040	5.760	8.016
Lysine	g . . .	2.527			2.148	6.065	8.440
Methionine	g . . .	0.777			0.660	1.865	2.595
Cystine	g . . .	0.340			0.289	0.816	1.136
Phenylalanine	g . . .	1.186			1.008	2.846	3.961
Tyrosine	g . . .	1.020			0.867	2.448	3.407
Valine	g . . .	1.477			1.255	3.545	4.933
Arginine	g . . .	1.919			1.631	4.606	6.409
Histidine	g . . .	1.040			0.884	2.496	3.474
Alanine	g . . .	1.832			1.557	4.397	6.119
Aspartic acid	g . . .	2.774			2.358	6.658	9.265
Glutamic acid	g . . .	4.563			3.879	10.951	15.240
Glycine	g . . .	1.657			1.408	3.977	5.534
Proline	g . . .	1.341			1.140	3.218	4.479
Serine	g . . .	1.161			0.987	2.786	3.878

¹ Standard error of estimate.

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN ONLY, Choice, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%, separable fat 20%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	71.90		326.14	20.38	219.15
Food energy	{ <i>kcal</i> . . . <i>kJ</i> . . .	138 577		626 2,618	39 164	420 1,759
Protein (N X6.25)	g . . .	21.24		96.34	6.02	64.74
Total lipid (fat)	g . . .	5.24		23.76	1.49	15.97
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.08		4.90	0.31	3.29
MINERALS:						
Calcium	mg . . .	7		31	2	21
Iron	mg . . .	2.69		12.22	0.76	8.21
Magnesium	mg . . .	24		111	7	75
Phosphorus	mg . . .	208		944	59	634
Potassium	mg . . .	361		1,638	102	1,101
Sodium	mg . . .	58		264	17	178
Zinc	mg . . .	4.14		18.79	1.17	12.62
Copper	mg . . .	0.096		0.435	0.027	0.293
Manganese	mg . . .	0.014		0.064	0.004	0.043
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.132		0.599	0.037	0.402
Riboflavin	mg . . .	0.231		1.048	0.065	0.704
Niacin	mg . . .	3.563		16.162	1.010	10.860
Pantothenic acid	mg . . .	0.356		1.615	0.101	1.085
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.34
Folacin	mcg . . .	8		35	2	24
Vitamin B ₁₂	mcg . . .	3.17		14.37	0.90	9.65
Vitamin A	{ <i>RE</i> . . . <i>IU</i> . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	1.94		8.79	0.55	5.91
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.00	0.00	0.00
14:0	g . . .	0.12		0.55	0.03	0.37
16:0	g . . .	1.12		5.06	0.32	3.40
18:0	g . . .	0.60		2.71	0.17	1.82
Monounsaturated, total	g . . .	2.19		9.95	0.62	6.69
16:1	g . . .	0.16		0.73	0.05	0.49
18:1	g . . .	1.94		8.78	0.55	5.90
20:1	g . . .	0.00		0.02	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.25		1.15	0.07	0.77
18:2	g . . .	0.20		0.91	0.06	0.61
18:3	g . . .	0.01		0.03	0.00	0.02
18:4	g . . .					
20:4	g . . .	0.04		0.16	0.01	0.11
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	61		275	17	185
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.238		1.080	0.067	0.725
Threonine	g . . .	0.928		4.209	0.263	2.829
Isoleucine	g . . .	0.955		4.332	0.271	2.911
Leucine	g . . .	1.679		7.616	0.476	5.118
Lysine	g . . .	1.767		8.015	0.501	5.386
Methionine	g . . .	0.544		2.468	0.154	1.658
Cystine	g . . .	0.238		1.080	0.067	0.725
Phenylalanine	g . . .	0.829		3.760	0.235	2.527
Tyrosine	g . . .	0.714		3.239	0.202	2.176
Valine	g . . .	1.033		4.686	0.293	3.149
Arginine	g . . .	1.342		6.087	0.380	4.090
Histidine	g . . .	0.727		3.298	0.206	2.216
Alanine	g . . .	1.281		5.811	0.363	3.904
Aspartic acid	g . . .	1.940		8.800	0.550	5.913
Glutamic acid	g . . .	3.191		14.474	0.905	9.726
Glycine	g . . .	1.159		5.257	0.329	3.533
Proline	g . . .	0.938		4.255	0.266	2.859
Serine	g . . .	0.812		3.683	0.230	2.475

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN ONLY, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%, separable fat 13%
				3 oz = 85 g	1 lb raw AP yields 241 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	58.48		49.71	140.94	195.80
Food energy	{ kcal . . .	211		180	509	707
	{ kJ . . .	884		751	2,130	2,959
Protein (N X6.25)	g . . .	30.37		25.81	73.19	101.68
Total lipid (fat)	g . . .	9.04		7.69	21.80	30.28
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.37		1.16	3.29	4.57
MINERALS:						
Calcium	mg . . .	11		9	25	35
Iron	mg . . .	3.36		2.85	8.09	11.24
Magnesium	mg . . .	32		27	76	106
Phosphorus	mg . . .	244		207	587	816
Potassium	mg . . .	403		342	970	1,348
Sodium	mg . . .	66		56	160	222
Zinc	mg . . .	6.52		5.54	15.71	21.82
Copper	mg . . .	0.146		0.124	0.352	0.489
Manganese	mg . . .	0.017		0.014	0.041	0.057
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.126		0.107	0.304	0.422
Riboflavin	mg . . .	0.295		0.251	0.711	0.988
Niacin	mg . . .	4.281		3.639	10.317	14.333
Pantothenic acid	mg . . .	0.387		0.329	0.933	1.296
Vitamin B ₆	mg . . .	0.45		0.38	1.08	1.51
Folacin	mcg . . .	10		8	24	33
Vitamin B ₁₂	mcg . . .	2.85		2.42	6.86	9.53
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	3.69		3.14	8.90	12.36
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.01	0.01
12:0	g . . .	0.01		0.00	0.01	0.02
14:0	g . . .	0.24		0.20	0.58	0.81
16:0	g . . .	2.03		1.72	4.89	6.79
18:0	g . . .	1.25		1.06	3.00	4.17
Monounsaturated, total	g . . .	3.99		3.39	9.60	13.34
16:1	g . . .	0.28		0.24	0.68	0.95
18:1	g . . .	3.56		3.03	8.58	11.92
20:1	g . . .	0.01		0.01	0.02	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.38		0.32	0.91	1.27
18:2	g . . .	0.28		0.24	0.67	0.94
18:3	g . . .	0.02		0.02	0.05	0.07
20:4	g . . .					
20:5	g . . .	0.05		0.05	0.13	0.18
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	89		76	215	298
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.340		0.289	0.819	1.138
Threonine	g . . .	1.327		1.128	3.198	4.443
Isoleucine	g . . .	1.365		1.160	3.290	4.570
Leucine	g . . .	2.400		2.040	5.784	8.035
Lysine	g . . .	2.527		2.148	6.090	8.460
Methionine	g . . .	0.777		0.660	1.873	2.601
Cystine	g . . .	0.340		0.289	0.819	1.138
Phenylalanine	g . . .	1.186		1.008	2.858	3.971
Tyrosine	g . . .	1.020		0.867	2.458	3.415
Valine	g . . .	1.477		1.255	3.560	4.945
Arginine	g . . .	1.919		1.631	4.625	6.425
Histidine	g . . .	1.040		0.884	2.506	3.482
Alanine	g . . .	1.832		1.557	4.415	6.134
Aspartic acid	g . . .	2.774		2.358	6.685	9.287
Glutamic acid	g . . .	4.563		3.879	10.997	15.277
Glycine	g . . .	1.657		1.408	3.993	5.548
Proline	g . . .	1.341		1.140	3.232	4.490
Serine	g . . .	1.161		0.987	2.798	3.887

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN ONLY, Choice, Cooked, pan-fried

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 14%, separable fat 20%	
				3 oz	1 lb raw AP		
				= 85 g	yields 207 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	55.91	0.338	4	47.53	115.74	167.90
Food energy	{ kcal	238			202	492	714
	{ kJ	994			845	2,058	2,985
Protein (N X6 . 25)	g	32.48	0.136	4	27.61	67.24	97.54
Total lipid (fat)	g	10.97	0.394	4	9.32	22.70	32.93
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.45			1.23	3.00	4.35
MINERALS:							
Calcium	mg	11			9	22	32
Iron	mg	3.90			3.32	8.08	11.72
Magnesium	mg	33			28	68	98
Phosphorus	mg	267			227	553	802
Potassium	mg	465			395	963	1,397
Sodium	mg	77			65	159	230
Zinc	mg	6.40			5.44	13.25	19.22
Copper	mg	0.149			0.127	0.308	0.447
Manganese	mg	0.019			0.016	0.039	0.057
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.142			0.121	0.294	0.426
Riboflavin	mg	0.328			0.279	0.679	0.985
Niacin	mg	4.301			3.656	8.903	12.916
Pantothenic acid	mg	0.434			0.369	0.898	1.303
Vitamin B ₆	mg	0.50			0.43	1.04	1.50
Folicin	mcg	10			9	21	31
Vitamin B ₁₂	mcg	3.69			3.13	7.63	11.07
Vitamin A	{ RE	--			--	--	--
	{ IU	--			--	--	--
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.18			3.55	8.64	12.54
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.01	0.01	0.02
14:0	g	0.25			0.21	0.52	0.75
16:0	g	2.30			1.95	4.76	6.90
18:0	g	1.45			1.23	3.00	4.35
Monounsaturated, total	g	4.79			4.07	9.92	14.39
16:1	g	0.29			0.24	0.59	0.86
18:1	g	4.42			3.75	9.14	13.26
20:1	g	0.01			0.01	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.88			0.75	1.83	2.65
18:2	g	0.75			0.64	1.56	2.26
18:3	g	0.05			0.04	0.11	0.15
18:4	g						
20:4	g	0.05			0.05	0.11	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	99			85	206	299
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.364			0.309	0.753	1.093
Threonine	g	1.419			1.206	2.937	4.261
Isoleucine	g	1.460			1.241	3.022	4.384
Leucine	g	2.567			2.182	5.314	7.709
Lysine	g	2.702			2.297	5.593	8.114
Methionine	g	0.832			0.707	1.722	2.498
Cystine	g	0.364			0.309	0.753	1.093
Phenylalanine	g	1.268			1.078	2.625	3.808
Tyrosine	g	1.091			0.927	2.258	3.276
Valine	g	1.580			1.343	3.271	4.745
Arginine	g	2.053			1.745	4.250	6.165
Histidine	g	1.112			0.945	2.302	3.339
Alanine	g	1.959			1.665	4.055	5.883
Aspartic acid	g	2.967			2.522	6.142	8.910
Glutamic acid	g	4.880			4.148	10.102	14.655
Glycine	g	1.772			1.506	3.668	5.321
Proline	g	1.434			1.219	2.968	4.306
Serine	g	1.242			1.056	2.571	3.730

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN ONLY, Good, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 13%, separable fat 18%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	72.44		328.57	20.54	225.06
Food energy	{ kcal . . kJ . . .	131 546		592 2,478	37 155	406 1,697
Protein (N X6.25)	g . . .	21.24		96.34	6.02	65.99
Total lipid (fat)	g . . .	4.42		20.06	1.25	13.74
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.08		4.90	0.31	3.36
MINERALS:						
Calcium	mg . . .	7		31	2	21
Iron	mg . . .	2.69		12.22	0.76	8.37
Magnesium	mg . . .	24		111	7	76
Phosphorus	mg . . .	208		944	59	647
Potassium	mg . . .	361		1,638	102	1,122
Sodium	mg . . .	58		264	17	181
Zinc	mg . . .	4.14		18.79	1.17	12.87
Copper	mg . . .	0.096		0.435	0.027	0.298
Manganese	mg . . .	0.014		0.064	0.004	0.043
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.132		0.599	0.037	0.410
Riboflavin	mg . . .	0.231		1.048	0.065	0.718
Niacin	mg . . .	3.563		16.162	1.010	11.070
Pantothenic acid	mg . . .	0.356		1.615	0.101	1.106
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.37
Folacin	mcg . . .	8		35	2	24
Vitamin B ₁₂	mcg . . .	3.17		14.37	0.90	9.84
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	1.64		7.42	0.46	5.08
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.00	0.00	0.00
14:0	g . . .	0.10		0.47	0.03	0.32
16:0	g . . .	0.94		4.27	0.27	2.92
18:0	g . . .	0.51		2.29	0.14	1.57
Monounsaturated, total	g . . .	1.85		8.40	0.52	5.75
16:1	g . . .	0.14		0.61	0.04	0.42
18:1	g . . .	1.63		7.41	0.46	5.08
20:1	g . . .	0.00		0.01	0.00	0.01
22:1	g . . .					
Polyunsaturated, total	g . . .	0.21		0.97	0.06	0.66
18:2	g . . .	0.17		0.76	0.05	0.52
18:3	g . . .	0.01		0.03	0.00	0.02
18:4	g . . .					
20:4	g . . .					
20:5	g . . .	0.03		0.14	0.01	0.09
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	61		275	17	189
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.238		1.080	0.067	0.739
Threonine	g . . .	0.928		4.209	0.263	2.883
Isoleucine	g . . .	0.955		4.332	0.271	2.967
Leucine	g . . .	1.679		7.616	0.476	5.217
Lysine	g . . .	1.767		8.015	0.501	5.490
Methionine	g . . .	0.544		2.468	0.154	1.690
Cystine	g . . .	0.238		1.080	0.067	0.739
Phenylalanine	g . . .	0.829		3.760	0.235	2.576
Tyrosine	g . . .	0.714		3.239	0.202	2.218
Valine	g . . .	1.033		4.686	0.293	3.210
Arginine	g . . .	1.342		6.087	0.380	4.170
Histidine	g . . .	0.727		3.298	0.206	2.259
Alanine	g . . .	1.281		5.811	0.363	3.980
Aspartic acid	g . . .	1.940		8.800	0.550	6.028
Glutamic acid	g . . .	3.191		14.474	0.905	9.914
Glycine	g . . .	1.159		5.257	0.329	3.601
Proline	g . . .	0.938		4.255	0.266	2.914
Serine	g . . .	0.812		3.683	0.230	2.523

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN ONLY, Good, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food			Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight			Refuse: Bone 13%, separable fat 13%	g
				3 oz = 85 g	1 lb raw yields 241 g	AP EP		
A	B	C	D	E	F		G	
PROXIMATE:								
Water g . . .	59.06			50.20	142.32		197.72	
Food energy { kcal . .	200			170	482		670	
kJ . . .	837			711	2,017		2,802	
Protein (N X6.25) g . . .	30.37			25.81	73.19		101.68	
Total lipid (fat) g . . .	7.80			6.63	18.80		26.11	
Carbohydrate, total g . . .	0.00			0.00	0.00		0.00	
Crude fiber g . . .	0.00			0.00	0.00		0.00	
Ash g . . .	1.37			1.16	3.29		4.57	
MINERALS:								
Calcium mg . . .	11			9	25		35	
Iron mg . . .	3.36			2.85	8.09		11.24	
Magnesium mg . . .	32			27	76		106	
Phosphorus mg . . .	244			207	587		816	
Potassium mg . . .	403			342	970		1,348	
Sodium mg . . .	66			56	160		222	
Zinc mg . . .	6.52			5.54	15.71		21.82	
Copper mg . . .	0.146			0.124	0.352		0.489	
Manganese mg . . .	0.017			0.014	0.041		0.057	
VITAMINS:								
Ascorbic acid mg . . .	0.0			0.0	0.0		0.0	
Thiamin mg . . .	0.126			0.107	0.304		0.422	
Riboflavin mg . . .	0.295			0.251	0.711		0.988	
Niacin mg . . .	4.281			3.639	10.317		14.333	
Pantothenic acid mg . . .	0.387			0.329	0.933		1.296	
Vitamin B ₆ mg . . .	0.45			0.38	1.08		1.51	
Folacin mcg . . .	10			8	24		33	
Vitamin B ₁₂ mcg . . .	2.85			2.42	6.86		9.53	
Vitamin A { RE . . .	--			--	--		--	
IU . . .	--			--	--		--	
LIPIDS:								
Fatty acids:								
Saturated, total g . . .	3.18			2.71	7.67		10.66	
4:0 g . . .								
6:0 g . . .								
8:0 g . . .								
10:0 g . . .	0.00			0.00	0.01		0.01	
12:0 g . . .	0.00			0.00	0.01		0.01	
14:0 g . . .	0.21			0.18	0.50		0.70	
16:0 g . . .	1.75			1.49	4.21		5.85	
18:0 g . . .	1.07			0.91	2.59		3.60	
Monounsaturated, total g . . .	3.44			2.92	8.29		11.51	
16:1 g . . .	0.25			0.21	0.59		0.82	
18:1 g . . .	3.07			2.61	7.40		10.28	
20:1 g . . .	0.01			0.01	0.01		0.02	
22:1 g . . .								
Polyunsaturated, total g . . .	0.33			0.28	0.79		1.09	
18:2 g . . .	0.24			0.21	0.58		0.81	
18:3 g . . .	0.02			0.01	0.04		0.06	
18:4 g . . .								
20:4 g . . .	0.05			0.04	0.11		0.15	
20:5 g . . .								
22:5 g . . .								
22:6 g . . .								
Cholesterol mg . . .	89			76	215		298	
Phytosterols mg . . .								
AMINO ACIDS:								
Tryptophan g . . .	0.340			0.289	0.819		1.138	
Threonine g . . .	1.327			1.128	3.198		4.443	
Isoleucine g . . .	1.365			1.160	3.290		4.570	
Leucine g . . .	2.400			2.040	5.784		8.035	
Lysine g . . .	2.527			2.148	6.090		8.460	
Methionine g . . .	0.777			0.660	1.873		2.601	
Cystine g . . .	0.340			0.289	0.819		1.138	
Phenylalanine g . . .	1.186			1.008	2.858		3.971	
Tyrosine g . . .	1.020			0.867	2.458		3.415	
Valine g . . .	1.477			1.255	3.560		4.945	
Arginine g . . .	1.919			1.631	4.625		6.425	
Histidine g . . .	1.040			0.884	2.506		3.482	
Alanine g . . .	1.832			1.557	4.415		6.134	
Aspartic acid g . . .	2.774			2.358	6.685		9.287	
Glutamic acid g . . .	4.563			3.879	10.997		15.277	
Glycine g . . .	1.657			1.408	3.993		5.548	
Proline g . . .	1.341			1.140	3.232		4.490	
Serine g . . .	1.161			0.987	2.798		3.887	

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN ONLY, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 14%, separable fat 22%
				1 lb = 453.6 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	70.69		320.67	20.04	203.95
Food energy	{ kcal . . kJ . . .	155 646		701 2,932	44 183	446 1,865
Protein (N X6, 25)	g . . .	21.24		96.34	6.02	61.27
Total lipid (fat)	g . . .	7.08		32.10	2.01	20.41
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.08		4.90	0.31	3.12
MINERALS:						
Calcium	mg . . .	7		31	2	20
Iron	mg . . .	2.69		12.22	0.76	7.77
Magnesium	mg . . .	24		111	7	71
Phosphorus	mg . . .	208		944	59	601
Potassium	mg . . .	361		1,638	102	1,042
Sodium	mg . . .	58		264	17	168
Zinc	mg . . .	4.14		18.79	1.17	11.95
Copper	mg . . .	0.096		0.435	0.027	0.277
Manganese	mg . . .	0.014		0.064	0.004	0.040
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.132		0.599	0.037	0.381
Riboflavin	mg . . .	0.231		1.048	0.065	0.666
Niacin	mg . . .	3.563		16.162	1.010	10.279
Pantothenic acid	mg . . .	0.356		1.615	0.101	1.027
Vitamin B ₆	mg . . .	0.44		2.00	0.12	1.27
Folacin	mcg . . .	8		35	2	22
Vitamin B ₁₂	mcg . . .	3.17		14.37	0.90	9.14
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	2.62		11.88	0.74	7.56
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.00		0.00	0.00	0.00
12:0	g . . .	0.00		0.01	0.00	0.01
14:0	g . . .	0.17		0.75	0.05	0.48
16:0	g . . .	1.51		6.83	0.43	4.34
18:0	g . . .	0.81		3.67	0.23	2.33
Monounsaturated, total	g . . .	2.96		13.44	0.84	8.55
16:1	g . . .	0.22		0.98	0.06	0.63
18:1	g . . .	2.62		11.86	0.74	7.54
20:1	g . . .	0.01		0.03	0.00	0.02
22:1	g . . .					
Polyunsaturated, total	g . . .	0.34		1.56	0.10	0.99
18:2	g . . .	0.27		1.22	0.08	0.78
18:3	g . . .	0.01		0.04	0.00	0.03
18:4	g . . .					
20:4	g . . .	0.05		0.22	0.01	0.14
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	61		275	17	175
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.238		1.080	0.067	0.687
Threonine	g . . .	0.928		4.209	0.263	2.677
Isoleucine	g . . .	0.955		4.332	0.271	2.755
Leucine	g . . .	1.679		7.616	0.476	4.844
Lysine	g . . .	1.767		8.015	0.501	5.098
Methionine	g . . .	0.544		2.468	0.154	1.569
Cystine	g . . .	0.238		1.080	0.067	0.687
Phenylalanine	g . . .	0.829		3.760	0.235	2.392
Tyrosine	g . . .	0.714		3.239	0.202	2.060
Valine	g . . .	1.033		4.686	0.293	2.980
Arginine	g . . .	1.342		6.087	0.380	3.872
Histidine	g . . .	0.727		3.298	0.206	2.097
Alanine	g . . .	1.281		5.811	0.363	3.696
Aspartic acid	g . . .	1.940		8.800	0.550	5.597
Glutamic acid	g . . .	3.191		14.474	0.905	9.206
Glycine	g . . .	1.159		5.257	0.329	3.344
Proline	g . . .	0.938		4.255	0.266	2.706
Serine	g . . .	0.812		3.683	0.230	2.343

BEEF, WEDGE-BONE SIRLOIN, SEPARABLE LEAN ONLY, Prime, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: Bone 16%, separable fat 16%
				3 oz = 85 g	1 lb raw AP yields 223 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	57.20		48.62	127.54	176.96
Food energy	{ kcal	237		201	527	732
	{ kJ	990		841	2,207	3,062
Protein (N X6.25)	g	30.37		25.81	67.72	93.96
Total lipid (fat)	g	11.84		10.07	26.41	36.65
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.37		1.16	3.04	4.22
MINERALS:						
Calcium	mg	11		9	23	33
Iron	mg	3.36		2.85	7.48	10.38
Magnesium	mg	32		27	70	98
Phosphorus	mg	244		207	543	754
Potassium	mg	403		342	898	1,245
Sodium	mg	66		56	148	205
Zinc	mg	6.52		5.54	14.54	20.17
Copper	mg	0.146		0.124	0.326	0.452
Manganese	mg	0.017		0.014	0.038	0.053
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.126		0.107	0.281	0.390
Riboflavin	mg	0.295		0.251	0.658	0.913
Niacin	mg	4.281		3.639	9.547	13.245
Pantothenic acid	mg	0.387		0.329	0.863	1.197
Vitamin B ₆	mg	0.45		0.38	1.00	1.39
Folacin	mcg	10		8	22	31
Vitamin B ₁₂	mcg	2.85		2.42	6.34	8.80
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	4.84		4.11	10.78	14.96
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.01		0.01	0.01	0.02
12:0	g	0.01		0.01	0.02	0.02
14:0	g	0.32		0.27	0.70	0.98
16:0	g	2.66		2.26	5.92	8.21
18:0	g	1.63		1.39	3.63	5.04
Monounsaturated, total	g	5.22		4.44	11.64	16.15
16:1	g	0.37		0.32	0.83	1.15
18:1	g	4.66		3.96	10.40	14.42
20:1	g	0.01		0.01	0.02	0.03
22:1	g					
Polyunsaturated, total	g	0.50		0.42	1.11	1.53
18:2	g	0.37		0.31	0.82	1.14
18:3	g	0.03		0.02	0.06	0.08
18:4	g					
20:4	g	0.07		0.06	0.16	0.22
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	89		76	199	276
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.340		0.289	0.758	1.052
Threonine	g	1.327		1.128	2.959	4.106
Isoleucine	g	1.365		1.160	3.044	4.223
Leucine	g	2.400		2.040	5.352	7.426
Lysine	g	2.527		2.148	5.635	7.819
Methionine	g	0.777		0.660	1.733	2.404
Cystine	g	0.340		0.289	0.758	1.052
Phenylalanine	g	1.186		1.008	2.645	3.669
Tyrosine	g	1.020		0.867	2.275	3.156
Valine	g	1.477		1.255	3.294	4.570
Arginine	g	1.919		1.631	4.279	5.937
Histidine	g	1.040		0.884	2.319	3.218
Alanine	g	1.832		1.557	4.085	5.668
Aspartic acid	g	2.774		2.358	6.186	8.583
Glutamic acid	g	4.563		3.879	10.175	14.118
Glycine	g	1.657		1.408	3.695	5.127
Proline	g	1.341		1.140	2.990	4.149
Serine	g	1.161		0.987	2.589	3.592

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse(%)	
				4 oz = 113 g	1 oz = 28.35 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	63.19	0.391	92	71.40	17.91	286.62
Food energy	{ kcal . .	234			265	66	1,062
	{ kJ . . .	980			1,107	278	4,444
Protein (N X6.25)	g . . .	18.70	0.144	72	21.13	5.30	84.81
Total lipid (fat)	g . . .	17.06	0.488	89	19.27	4.84	77.36
Carbohydrate, total	g . . .	0.00			0.00	0.00	0.00
Crude fiber	g . . .	0.00			0.00	0.00	0.00
Ash	g . . .	0.93	0.034	6	1.05	0.26	4.22
MINERALS:							
Calcium	mg . . .	7	0.344	45	7	2	30
Iron	mg . . .	1.95	0.039	54	2.20	0.55	8.82
Magnesium	mg . . .	20	0.357	46	22	6	89
Phosphorus	mg . . .	141			160	40	640
Potassium	mg . . .	284	4.637	46	321	81	1,289
Sodium	mg . . .	66	1.030	54	75	19	301
Zinc	mg . . .	4.14	0.079	46	4.68	1.17	18.79
Copper	mg . . .	0.072	0.002	45	0.081	0.020	0.327
Manganese	mg . . .	0.017	0.001	45	0.019	0.005	0.077
VITAMINS:							
Ascorbic acid	mg . . .	0.0			0.0	0.0	0.0
Thiamin	mg . . .	0.060			0.068	0.017	0.272
Riboflavin	mg . . .	0.250			0.283	0.071	1.134
Niacin	mg . . .	4.530			5.119	1.284	20.548
Pantothenic acid	mg . . .	0.390			0.441	0.111	1.769
Vitamin B ₆	mg . . .	0.26			0.29	0.07	1.18
Folacin	mcg . . .	8			9	2	34
Vitamin B ₁₂	mcg . . .	2.06		1	2.33	0.58	9.34
Vitamin A	{ RE . . .	--			--	--	--
	{ IU . . .	--			--	--	--
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	6.81			7.70	1.93	30.90
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.02			0.02	0.00	0.07
12:0	g . . .	0.02			0.02	0.00	0.07
14:0	g . . .	0.47			0.53	0.13	2.14
16:0	g . . .	3.91			4.42	1.11	17.73
18:0	g . . .	2.04			2.30	0.58	9.23
Monounsaturated, total	g . . .	7.41			8.38	2.10	33.62
16:1	g . . .	0.68			0.76	0.19	3.07
18:1	g . . .	6.40			7.23	1.81	29.02
20:1	g . . .	0.02			0.02	0.01	0.09
22:1	g . . .						
Polyunsaturated, total	g . . .	0.71			0.80	0.20	3.22
18:2	g . . .	0.53			0.60	0.15	2.42
18:3	g . . .	0.07			0.08	0.02	0.31
18:4	g . . .						
20:4	g . . .	0.08			0.09	0.02	0.35
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	69			78	19	312
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.230		10	0.260	0.065	1.043
Threonine	g . . .	0.784		14	0.886	0.222	3.556
Isoleucine	g . . .	0.802		14	0.906	0.227	3.638
Leucine	g . . .	1.498		14	1.693	0.425	6.795
Lysine	g . . .	1.561		14	1.764	0.443	7.081
Methionine	g . . .	0.437		14	0.494	0.124	1.982
Cystine	g . . .	0.179		10	0.202	0.051	0.812
Phenylalanine	g . . .	0.709		14	0.801	0.201	3.216
Tyrosine	g . . .	0.583		14	0.659	0.165	2.644
Valine	g . . .	0.906		14	1.024	0.257	4.110
Arginine	g . . .	1.262		14	1.426	0.358	5.724
Histidine	g . . .	0.595		14	0.672	0.169	2.699
Alanine	g . . .	1.220		14	1.379	0.346	5.534
Aspartic acid	g . . .	1.708		14	1.930	0.484	7.747
Glutamic acid	g . . .	2.940		14	3.322	0.833	13.336
Glycine	g . . .	1.388		14	1.568	0.393	6.296
Proline	g . . .	0.948		14	1.071	0.269	4.300
Serine	g . . .	0.724		14	0.818	0.205	3.284

BEEF, GROUND, Extra lean, Cooked, baked, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				3 oz = 85 g	1 lb raw AP yields 345 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	58.64		49.84	202.31	265.99
Food energy	{ <i>kcal</i> <i>kJ</i>	250 1,046		213 889	863 3,610	1,134 4,747
Protein (N X6.25)	g	24.47		20.80	84.42	111.00
Total lipid (fat)	g	16.14		13.72	55.68	73.21
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.75		0.64	2.59	3.40
MINERALS:						
Calcium	mg	7		6	23	30
Iron	mg	2.28		1.94	7.87	10.34
Magnesium	mg	17		14	58	76
Phosphorus	mg	124		106	429	564
Potassium	mg	224		190	772	1,016
Sodium	mg	49		42	170	224
Zinc	mg	5.34		4.54	18.42	24.22
Copper	mg	0.075		0.064	0.259	0.340
Manganese	mg	0.015		0.013	0.052	0.068
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.040		0.034	0.138	0.181
Riboflavin	mg	0.240		0.204	0.828	1.089
Niacin	mg	4.160		3.536	14.352	18.870
Pantothenic acid	mg	0.270		0.230	0.932	1.225
Vitamin B ₆	mg	0.22		0.19	0.76	1.00
Folacin	mcg	9		7	30	39
Vitamin B ₁₂	mcg	1.73		1.47	5.97	7.85
Vitamin A	{ <i>RE</i> <i>IU</i>	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.34		5.39	21.88	28.76
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.01	0.05	0.07
12:0	g	0.02		0.01	0.06	0.07
14:0	g	0.46		0.39	1.58	2.08
16:0	g	3.65		3.10	12.60	16.56
18:0	g	1.90		1.62	6.57	8.64
Monounsaturated, total	g	7.07		6.01	24.38	32.05
16:1	g	0.60		0.51	2.08	2.74
18:1	g	6.18		5.25	21.31	28.01
20:1	g	0.01		0.01	0.04	0.05
22:1	g					
Polyunsaturated, total	g	0.60		0.51	2.08	2.73
18:2	g	0.44		0.38	1.53	2.01
18:3	g	0.07		0.06	0.23	0.30
18:4	g					
20:4	g	0.06		0.05	0.22	0.29
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	82		70	283	372
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.301		0.256	1.038	1.365
Threonine	g	1.026		0.872	3.540	4.654
Isoleucine	g	1.049		0.892	3.619	4.758
Leucine	g	1.961		1.667	6.765	8.895
Lysine	g	2.044		1.737	7.052	9.272
Methionine	g	0.572		0.486	1.973	2.595
Cystine	g	0.235		0.200	0.811	1.066
Phenylalanine	g	0.928		0.789	3.202	4.209
Tyrosine	g	0.763		0.649	2.632	3.461
Valine	g	1.186		1.008	4.092	5.380
Arginine	g	1.652		1.404	5.699	7.493
Histidine	g	0.779		0.662	2.688	3.534
Alanine	g	1.597		1.357	5.510	7.244
Aspartic acid	g	2.235		1.900	7.711	10.138
Glutamic acid	g	3.848		3.271	13.276	17.455
Glycine	g	1.817		1.544	6.269	8.242
Proline	g	1.241		1.055	4.281	5.629
Serine	g	0.947		0.805	3.267	4.296

BEEF, GROUND, Extra lean, Cooked, baked, well done

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 3 oz = 85 g	1 lb raw AP yields 268 g EP	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	52.66		44.76	141.13	238.87
Food energy	{ kcal . . . kJ . . .	274 1,144		232 973	733 3,067	1,241 5,191
Protein (N X 6.25)	g . . .	30.30		25.76	81.20	137.44
Total lipid (fat)	g . . .	15.98		13.58	42.83	72.49
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.98		0.83	2.63	4.45
MINERALS:						
Calcium	mg . . .	9		7	23	39
Iron	mg . . .	2.96		2.52	7.93	13.43
Magnesium	mg . . .	22		19	58	99
Phosphorus	mg . . .	162		137	433	733
Potassium	mg . . .	291		247	780	1,320
Sodium	mg . . .	64		54	172	291
Zinc	mg . . .	6.94		5.90	18.60	31.48
Copper	mg . . .	0.097		0.082	0.260	0.440
Manganese	mg . . .	0.020		0.017	0.054	0.091
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.050		0.043	0.134	0.227
Riboflavin	mg . . .	0.310		0.264	0.831	1.406
Niacin	mg . . .	5.410		4.599	14.499	24.540
Pantothenic acid	mg . . .	0.350		0.298	0.938	1.588
Vitamin B ₆	mg . . .	0.29		0.25	0.78	1.32
Folacin	mcg . . .	11		10	30	51
Vitamin B ₁₂	mcg . . .	1.86		1.58	4.98	8.44
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.28		5.34	16.83	28.48
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.04	0.07
12:0	g . . .	0.02		0.01	0.04	0.07
14:0	g . . .	0.45		0.39	1.22	2.06
16:0	g . . .	3.62		3.07	9.69	16.40
18:0	g . . .	1.89		1.60	5.05	8.55
Monounsaturated, total	g . . .	7.00		5.95	18.75	31.73
16:1	g . . .	0.60		0.51	1.60	2.71
18:1	g . . .	6.12		5.20	16.39	27.74
20:1	g . . .	0.01		0.01	0.03	0.05
22:1	g . . .					
Polyunsaturated, total	g . . .	0.60		0.51	1.60	2.70
18:2	g . . .	0.44		0.37	1.18	1.99
18:3	g . . .	0.07		0.06	0.18	0.30
18:4	g . . .					
20:4	g . . .	0.06		0.05	0.17	0.29
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	107		91	286	483
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.373		0.317	1.000	1.692
Threonine	g . . .	1.270		1.080	3.404	5.761
Isoleucine	g . . .	1.299		1.104	3.481	5.892
Leucine	g . . .	2.429		2.065	6.510	11.018
Lysine	g . . .	2.531		2.151	6.783	11.481
Methionine	g . . .	0.708		0.602	1.897	3.211
Cystine	g . . .	0.291		0.247	0.780	1.320
Phenylalanine	g . . .	1.149		0.977	3.079	5.212
Tyrosine	g . . .	0.945		0.803	2.533	4.287
Valine	g . . .	1.469		1.249	3.937	6.663
Arginine	g . . .	2.046		1.739	5.483	9.281
Histidine	g . . .	0.965		0.820	2.586	4.377
Alanine	g . . .	1.978		1.681	5.301	8.972
Aspartic acid	g . . .	2.768		2.353	7.418	12.556
Glutamic acid	g . . .	4.766		4.051	12.773	21.619
Glycine	g . . .	2.249		1.912	6.027	10.201
Proline	g . . .	1.537		1.306	4.119	6.972
Serine	g . . .	1.173		0.997	3.144	5.321

BEEF, GROUND, Extra lean, Cooked, broiled, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 336 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.26		48.67	192.39	259.73
Food energy	{ kcal . . .	256		217	859	1,160
	{ kJ . . .	1,070		910	3,596	4,855
Protein (N X6.25)	g . . .	25.40		21.59	85.34	115.21
Total lipid (fat)	g . . .	16.33		13.88	54.87	74.07
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.01		0.86	3.39	4.58
MINERALS:						
Calcium	mg . . .	7		6	25	33
Iron	mg . . .	2.35		2.00	7.90	10.66
Magnesium	mg . . .	21		18	71	96
Phosphorus	mg . . .	161		137	542	732
Potassium	mg . . .	313		266	1,052	1,420
Sodium	mg . . .	70		59	234	315
Zinc	mg . . .	5.45		4.63	18.31	24.72
Copper	mg . . .	0.070		0.060	0.235	0.318
Manganese	mg . . .	0.016		0.014	0.054	0.073
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.060		0.051	0.202	0.272
Riboflavin	mg . . .	0.270		0.230	0.907	1.225
Niacin	mg . . .	4.960		4.216	16.666	22.499
Pantothenic acid	mg . . .	0.350		0.298	1.176	1.588
Vitamin B ₆	mg . . .	0.27		0.23	0.91	1.22
Folacin	mcg . . .	9		8	30	40
Vitamin B ₁₂	mcg . . .	2.17		1.84	7.29	9.84
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.42		5.45	21.55	29.10
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.05	0.07
12:0	g . . .	0.02		0.01	0.05	0.07
14:0	g . . .	0.46		0.39	1.56	2.10
16:0	g . . .	3.69		3.14	12.41	16.76
18:0	g . . .	1.93		1.64	6.47	8.74
Monounsaturated, total	g . . .	7.15		6.08	24.02	32.43
16:1	g . . .	0.61		0.52	2.05	2.77
18:1	g . . .	6.25		5.31	21.00	28.35
20:1	g . . .	0.01		0.01	0.04	0.05
22:1	g . . .					
Polyunsaturated, total	g . . .	0.61		0.52	2.05	2.76
18:2	g . . .	0.45		0.38	1.51	2.04
18:3	g . . .	0.07		0.06	0.23	0.31
18:4	g . . .					
20:4	g . . .	0.07		0.06	0.22	0.29
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	84		71	281	379
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.313		0.266	1.052	1.420
Threonine	g . . .	1.065		0.905	3.578	4.831
Isoleucine	g . . .	1.089		0.926	3.659	4.940
Leucine	g . . .	2.036		1.731	6.841	9.235
Lysine	g . . .	2.121		1.803	7.127	9.621
Methionine	g . . .	0.593		0.504	1.992	2.690
Cystine	g . . .	0.244		0.207	0.820	1.107
Phenylalanine	g . . .	0.963		0.819	3.236	4.368
Tyrosine	g . . .	0.792		0.673	2.661	3.593
Valine	g . . .	1.231		1.046	4.136	5.584
Arginine	g . . .	1.715		1.458	5.762	7.779
Histidine	g . . .	0.809		0.688	2.718	3.670
Alanine	g . . .	1.658		1.409	5.571	7.521
Aspartic acid	g . . .	2.321		1.973	7.799	10.528
Glutamic acid	g . . .	3.995		3.396	13.423	18.121
Glycine	g . . .	1.886		1.603	6.337	8.555
Proline	g . . .	1.288		1.095	4.328	5.842
Serine	g . . .	0.983		0.836	3.303	4.459

BEEF, GROUND, Extra lean, Cooked, broiled, well done

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 281 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	53.87		45.79	151.37	244.35
Food energy	{ kcal . . . kJ . . .	265 1,107		225 941	744 3,111	1,200 5,022
Protein (N X6.25)	g . . .	28.58		24.29	80.31	129.64
Total lipid (fat)	g . . .	15.80		13.43	44.40	71.67
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.19		1.01	3.34	5.40
MINERALS:						
Calcium	mg . . .	9		7	24	39
Iron	mg . . .	2.77		2.35	7.78	12.56
Magnesium	mg . . .	25		21	70	113
Phosphorus	mg . . .	190		162	535	863
Potassium	mg . . .	369		314	1,037	1,675
Sodium	mg . . .	82		70	230	371
Zinc	mg . . .	6.43		5.47	18.07	29.17
Copper	mg . . .	0.083		0.071	0.233	0.376
Manganese	mg . . .	0.019		0.016	0.053	0.086
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.070		0.060	0.197	0.318
Riboflavin	mg . . .	0.320		0.272	0.899	1.452
Niacin	mg . . .	5.850		4.973	16.439	26.536
Pantothenic acid	mg . . .	0.420		0.357	1.180	1.905
Vitamin B ₆	mg . . .	0.32		0.27	0.90	1.45
Folic acid	mcg . . .	11		9	30	48
Vitamin B ₁₂	mcg . . .	2.56		2.18	7.19	11.61
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.21		5.28	17.44	28.15
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.04	0.07
12:0	g . . .	0.02		0.01	0.04	0.07
14:0	g . . .	0.45		0.38	1.26	2.03
16:0	g . . .	3.57		3.04	10.04	16.21
18:0	g . . .	1.86		1.58	5.24	8.46
Monounsaturated, total	g . . .	6.92		5.88	19.44	31.38
16:1	g . . .	0.59		0.50	1.66	2.68
18:1	g . . .	6.05		5.14	16.99	27.42
20:1	g . . .	0.01		0.01	0.03	0.05
22:1	g . . .					
Polyunsaturated, total	g . . .	0.59		0.50	1.66	2.67
18:2	g . . .	0.44		0.37	1.22	1.97
18:3	g . . .	0.07		0.06	0.19	0.30
18:4	g . . .					
20:4	g . . .	0.06		0.05	0.18	0.29
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	99		84	277	447
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.352		0.299	0.989	1.597
Threonine	g . . .	1.198		1.018	3.366	5.434
Isoleucine	g . . .	1.226		1.042	3.445	5.561
Leucine	g . . .	2.291		1.947	6.438	10.392
Lysine	g . . .	2.387		2.029	6.707	10.827
Methionine	g . . .	0.668		0.568	1.877	3.030
Cystine	g . . .	0.274		0.233	0.770	1.243
Phenylalanine	g . . .	1.084		0.921	3.046	4.917
Tyrosine	g . . .	0.892		0.758	2.507	4.046
Valine	g . . .	1.386		1.178	3.895	6.287
Arginine	g . . .	1.930		1.641	5.423	8.754
Histidine	g . . .	0.910		0.774	2.557	4.128
Alanine	g . . .	1.866		1.586	5.243	8.464
Aspartic acid	g . . .	2.611		2.219	7.337	11.843
Glutamic acid	g . . .	4.495		3.821	12.631	20.389
Glycine	g . . .	2.122		1.804	5.963	9.625
Proline	g . . .	1.450		1.233	4.075	6.577
Serine	g . . .	1.107		0.941	3.111	5.021

BEEF, GROUND, Extra lean, Cooked, pan-fried, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				3 oz = 85 g	1 lb raw AP yields 340 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	57.59		48.95	195.81	261.23
Food energy	{ kcal . . . kJ . . .	255 1,066		216 906	866 3,623	1,155 4,834
Protein (N X6.25)	g . . .	24.96		21.22	84.86	113.22
Total lipid (fat)	g . . .	16.42		13.96	55.83	74.48
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.03		0.88	3.50	4.67
MINERALS:						
Calcium	mg . . .	7		6	24	32
Iron	mg . . .	2.36		2.01	8.02	10.70
Magnesium	mg . . .	21		18	71	95
Phosphorus	mg . . .	160		136	545	727
Potassium	mg . . .	312		265	1,060	1,414
Sodium	mg . . .	70		59	238	317
Zinc	mg . . .	5.42		4.61	18.43	24.59
Copper	mg . . .	0.087		0.074	0.296	0.395
Manganese	mg . . .	0.016		0.014	0.054	0.073
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.060		0.051	0.204	0.272
Riboflavin	mg . . .	0.260		0.221	0.884	1.179
Niacin	mg . . .	4.710		4.004	16.014	21.365
Pantothenic acid	mg . . .	0.250		0.213	0.850	1.134
Vitamin B ₆	mg . . .	0.27		0.23	0.92	1.22
Folacin	mcg . . .	9		7	30	39
Vitamin B ₁₂	mcg . . .	2.00		1.70	6.80	9.07
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.45		5.48	21.93	29.26
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.05	0.07
12:0	g . . .	0.02		0.01	0.06	0.08
14:0	g . . .	0.47		0.40	1.58	2.11
16:0	g . . .	3.72		3.16	12.63	16.85
18:0	g . . .	1.94		1.65	6.59	8.79
Monounsaturated, total	g . . .	7.19		6.11	24.44	32.60
16:1	g . . .	0.61		0.52	2.08	2.78
18:1	g . . .	6.28		5.34	21.36	28.50
20:1	g . . .	0.01		0.01	0.04	0.05
22:1	g . . .					
Polyunsaturated, total	g . . .	0.61		0.52	2.08	2.78
18:2	g . . .	0.45		0.38	1.54	2.05
18:3	g . . .	0.07		0.06	0.23	0.31
18:4	g . . .					
20:4	g . . .	0.07		0.06	0.22	0.30
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	81		69	274	366
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.308		0.262	1.047	1.397
Threonine	g . . .	1.046		0.889	3.556	4.745
Isoleucine	g . . .	1.070		0.910	3.638	4.854
Leucine	g . . .	2.001		1.701	6.803	9.077
Lysine	g . . .	2.085		1.772	7.089	9.458
Methionine	g . . .	0.583		0.496	1.982	2.644
Cystine	g . . .	0.240		0.204	0.816	1.089
Phenylalanine	g . . .	0.947		0.805	3.220	4.296
Tyrosine	g . . .	0.779		0.662	2.649	3.534
Valine	g . . .	1.210		1.029	4.114	5.489
Arginine	g . . .	1.685		1.432	5.729	7.643
Histidine	g . . .	0.795		0.676	2.703	3.606
Alanine	g . . .	1.630		1.386	5.542	7.394
Aspartic acid	g . . .	2.281		1.939	7.755	10.347
Glutamic acid	g . . .	3.926		3.337	13.348	17.808
Glycine	g . . .	1.853		1.575	6.300	8.405
Proline	g . . .	1.266		1.076	4.304	5.743
Serine	g . . .	0.967		0.822	3.288	4.386

BEEF, GROUND, Extra lean, Cooked, pan-fried, well done

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 295 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	53.93		45.84	159.09	244.63
Food energy	{ kcal kJ	263 1,102		224 937	777 3,251	1,195 4,999
Protein (N X6.25)	g	27.99		23.79	82.57	126.96
Total lipid (fat)	g	15.95		13.56	47.05	72.35
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.19		1.01	3.51	5.40
MINERALS:						
Calcium	mg	8		7	24	37
Iron	mg	2.73		2.32	8.05	12.38
Magnesium	mg	24		21	71	110
Phosphorus	mg	185		157	546	840
Potassium	mg	360		306	1,063	1,635
Sodium	mg	81		69	238	366
Zinc	mg	6.27		5.33	18.50	28.44
Copper	mg	0.101		0.086	0.298	0.458
Manganese	mg	0.018		0.015	0.053	0.082
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.070		0.060	0.207	0.318
Riboflavin	mg	0.300		0.255	0.885	1.361
Niacin	mg	5.440		4.624	16.048	24.676
Pantothenic acid	mg	0.290		0.247	0.856	1.315
Vitamin B ₆	mg	0.31		0.26	0.91	1.41
Folacin	mcg	10		9	30	46
Vitamin B ₁₂	mcg	2.32		1.97	6.84	10.52
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.27		5.33	18.48	28.42
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.01	0.04	0.07
12:0	g	0.02		0.01	0.05	0.07
14:0	g	0.45		0.39	1.34	2.05
16:0	g	3.61		3.07	10.64	16.37
18:0	g	1.88		1.60	5.55	8.53
Monounsaturated, total	g	6.98		5.94	20.60	31.67
16:1	g	0.60		0.51	1.76	2.70
18:1	g	6.10		5.19	18.00	27.68
20:1	g	0.01		0.01	0.04	0.05
22:1	g					
Polyunsaturated, total	g	0.60		0.51	1.76	2.70
18:2	g	0.44		0.37	1.30	1.99
18:3	g	0.07		0.06	0.19	0.30
18:4	g					
20:4	g	0.06		0.05	0.19	0.29
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	93		79	275	423
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.345		0.293	1.018	1.565
Threonine	g	1.173		0.997	3.460	5.321
Isoleucine	g	1.200		1.020	3.540	5.443
Leucine	g	2.243		1.907	6.617	10.174
Lysine	g	2.338		1.987	6.897	10.605
Methionine	g	0.654		0.556	1.929	2.967
Cystine	g	0.269		0.229	0.794	1.220
Phenylalanine	g	1.061		0.902	3.130	4.813
Tyrosine	g	0.873		0.742	2.575	3.960
Valine	g	1.357		1.153	4.003	6.155
Arginine	g	1.890		1.607	5.576	8.573
Histidine	g	0.891		0.757	2.628	4.042
Alanine	g	1.827		1.553	5.390	8.287
Aspartic acid	g	2.557		2.173	7.543	11.599
Glutamic acid	g	4.402		3.742	12.986	19.967
Glycine	g	2.078		1.766	6.130	9.426
Proline	g	1.420		1.207	4.189	6.441
Serine	g	1.084		0.921	3.198	4.917

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				4 oz = 113 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 60.18	0.526	73	68.00	17.06	272.98
Food energy	{ kcal 264 kJ 1,104			298 1,248	75 313	1,197 5,009
Protein (N x 6.25)	g 17.69	0.137	54	19.98	5.01	80.22
Total lipid (fat)	g 20.67	0.595	73	23.35	5.86	93.74
Carbohydrate, total	g 0.00			0.00	0.00	0.00
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 0.94	0.053	11	1.06	0.27	4.27
MINERALS:						
Calcium	mg 8	0.617	35	9	2	36
Iron	mg 1.77	0.031	36	1.99	0.50	8.01
Magnesium	mg 18	0.422	31	20	5	81
Phosphorus	mg 136			154	39	619
Potassium	mg 261	3.521	36	295	74	1,183
Sodium	mg 69	0.898	36	78	20	314
Zinc	mg 3.86	0.066	36	4.36	1.09	17.52
Copper	mg 0.073	0.004	36	0.082	0.021	0.331
Manganese	mg 0.015	0.001	35	0.017	0.004	0.068
VITAMINS:						
Ascorbic acid	mg 0.0			0.0	0.0	0.0
Thiamin	mg 0.050			0.057	0.014	0.227
Riboflavin	mg 0.210			0.237	0.060	0.953
Niacin	mg 4.510			5.096	1.279	20.457
Pantothenic acid	mg 0.370			0.418	0.105	1.678
Vitamin B ₆	mg 0.25			0.28	0.07	1.13
Folacin	mcg 8			9	2	35
Vitamin B ₁₂	mcg 2.34		1	2.64	0.66	10.61
Vitamin A	{ RE -- IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 8.31			9.39	2.36	37.68
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.03			0.03	0.01	0.11
12:0	g 0.02			0.02	0.01	0.10
14:0	g 0.58			0.66	0.16	2.63
16:0	g 4.77			5.38	1.35	21.61
18:0	g 2.47			2.79	0.70	11.22
Monounsaturated, total	g 9.01			10.18	2.55	40.87
16:1	g 0.84			0.95	0.24	3.81
18:1	g 7.76			8.77	2.20	35.19
20:1	g 0.02			0.03	0.01	0.11
22:1	g					
Polyunsaturated, total	g 0.85			0.96	0.24	3.87
18:2	g 0.63			0.72	0.18	2.87
18:3	g 0.10			0.11	0.03	0.45
18:4	g					
20:4	g 0.09			0.10	0.02	0.40
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 75			85	21	340
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.218			0.246	0.062	0.989
Threonine	g 0.741			0.837	0.210	3.361
Isoleucine	g 0.758			0.857	0.215	3.438
Leucine	g 1.418			1.602	0.402	6.432
Lysine	g 1.477			1.669	0.419	6.700
Methionine	g 0.413			0.467	0.117	1.873
Cystine	g 0.170			0.192	0.048	0.771
Phenylalanine	g 0.671			0.758	0.190	3.044
Tyrosine	g 0.552			0.624	0.156	2.504
Valine	g 0.857			0.968	0.243	3.887
Arginine	g 1.194			1.349	0.338	5.416
Histidine	g 0.563			0.636	0.160	2.554
Alanine	g 1.155			1.305	0.327	5.239
Aspartic acid	g 1.616			1.826	0.458	7.330
Glutamic acid	g 2.782			3.144	0.789	12.619
Glycine	g 1.313			1.484	0.372	5.956
Proline	g 0.897			1.014	0.254	4.069
Serine	g 0.685			0.774	0.194	3.107

BEEF, GROUND, Lean, Cooked, baked, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 336 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	56.89		48.36	191.15	258.05
Food energy	{ kcal . . . kJ . . .	268 1,120		227 952	899 3,762	1,214 5,079
Protein (N X6.25)	g . . .	23.93		20.34	80.40	108.55
Total lipid (fat)	g . . .	18.34		15.59	61.62	83.19
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.84		0.71	2.82	3.81
MINERALS:						
Calcium	mg . . .	9		8	32	43
Iron	mg . . .	2.09		1.78	7.02	9.48
Magnesium	mg . . .	17		14	55	75
Phosphorus	mg . . .	128		109	430	581
Potassium	mg . . .	224		190	752	1,015
Sodium	mg . . .	56		47	187	253
Zinc	mg . . .	5.10		4.34	17.14	23.13
Copper	mg . . .	0.072		0.061	0.242	0.327
Manganese	mg . . .	0.014		0.012	0.047	0.064
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.050		0.043	0.168	0.227
Riboflavin	mg . . .	0.190		0.162	0.638	0.862
Niacin	mg . . .	4.280		3.638	14.381	19.414
Pantothenic acid	mg . . .	0.270		0.230	0.907	1.225
Vitamin B ₆	mg . . .	0.20		0.17	0.67	0.91
Folacin	mcg . . .	9		8	31	41
Vitamin B ₁₂	mcg . . .	1.77		1.50	5.95	8.03
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	7.21		6.12	24.21	32.68
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.06	0.08
12:0	g . . .	0.02		0.02	0.06	0.09
14:0	g . . .	0.52		0.44	1.75	2.36
16:0	g . . .	4.15		3.53	13.94	18.82
18:0	g . . .	2.16		1.84	7.27	9.81
Monounsaturated, total	g . . .	8.03		6.82	26.98	36.42
16:1	g . . .	0.69		0.58	2.30	3.11
18:1	g . . .	7.02		5.97	23.58	31.83
20:1	g . . .	0.01		0.01	0.05	0.06
22:1	g . . .					
Polyunsaturated, total	g . . .	0.68		0.58	2.30	3.10
18:2	g . . .	0.50		0.43	1.69	2.29
18:3	g . . .	0.08		0.06	0.26	0.34
18:4	g . . .					
20:4	g . . .	0.07		0.06	0.25	0.33
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	78		66	262	353
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.295		0.251	0.991	1.338
Threonine	g . . .	1.003		0.853	3.370	4.550
Isoleucine	g . . .	1.026		0.872	3.447	4.654
Leucine	g . . .	1.918		1.630	6.444	8.700
Lysine	g . . .	1.999		1.699	6.717	9.067
Methionine	g . . .	0.559		0.475	1.878	2.536
Cystine	g . . .	0.230		0.196	0.773	1.043
Phenylalanine	g . . .	0.907		0.771	3.048	4.114
Tyrosine	g . . .	0.747		0.635	2.510	3.388
Valine	g . . .	1.160		0.986	3.898	5.262
Arginine	g . . .	1.616		1.374	5.430	7.330
Histidine	g . . .	0.762		0.648	2.560	3.456
Alanine	g . . .	1.562		1.328	5.248	7.085
Aspartic acid	g . . .	2.186		1.858	7.345	9.916
Glutamic acid	g . . .	3.764		3.199	12.647	17.074
Glycine	g . . .	1.777		1.510	5.971	8.060
Proline	g . . .	1.214		1.032	4.079	5.507
Serine	g . . .	0.927		0.788	3.115	4.205

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 263 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	51.30		43.61	134.92	232.70
Food energy	{ kcal . . .	292		248	768	1,324
	{ kJ . . .	1,221		1,038	3,212	5,540
Protein (N X6.25)	g . . .	29.60		25.16	77.85	134.27
Total lipid (fat)	g . . .	18.35		15.60	48.26	83.24
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.10		0.94	2.89	4.99
MINERALS:						
Calcium	mg . . .	12		10	32	54
Iron	mg . . .	2.66		2.26	7.00	12.07
Magnesium	mg . . .	21		18	55	96
Phosphorus	mg . . .	164		139	430	742
Potassium	mg . . .	286		243	751	1,295
Sodium	mg . . .	71		61	187	323
Zinc	mg . . .	6.51		5.53	17.12	29.53
Copper	mg . . .	0.092		0.078	0.242	0.417
Manganese	mg . . .	0.018		0.015	0.047	0.082
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.070		0.060	0.184	0.318
Riboflavin	mg . . .	0.240		0.204	0.631	1.089
Niacin	mg . . .	5.460		4.641	14.360	24.767
Pantothenic acid	mg . . .	0.340		0.289	0.894	1.542
Vitamin B ₆	mg . . .	0.26		0.22	0.68	1.18
Folic acid	mcg . . .	12		10	31	53
Vitamin B ₁₂	mcg . . .	2.26		1.92	5.94	10.25
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	7.21		6.13	18.96	32.70
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.04	0.08
12:0	g . . .	0.02		0.02	0.05	0.09
14:0	g . . .	0.52		0.44	1.37	2.36
16:0	g . . .	4.15		3.53	10.92	18.83
18:0	g . . .	2.16		1.84	5.69	9.82
Monounsaturated, total	g . . .	8.03		6.83	21.13	36.44
16:1	g . . .	0.69		0.58	1.80	3.11
18:1	g . . .	7.02		5.97	18.47	31.85
20:1	g . . .	0.01		0.01	0.04	0.06
22:1	g . . .					
Polyunsaturated, total	g . . .	0.68		0.58	1.80	3.10
18:2	g . . .	0.51		0.43	1.33	2.29
18:3	g . . .	0.08		0.06	0.20	0.34
18:4	g . . .					
20:4	g . . .	0.07		0.06	0.19	0.33
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	99		84	261	451
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.365		0.310	0.960	1.656
Threonine	g . . .	1.241		1.055	3.264	5.629
Isoleucine	g . . .	1.269		1.079	3.337	5.756
Leucine	g . . .	2.373		2.017	6.241	10.764
Lysine	g . . .	2.472		2.101	6.501	11.213
Methionine	g . . .	0.691		0.587	1.817	3.134
Cystine	g . . .	0.284		0.241	0.747	1.288
Phenylalanine	g . . .	1.122		0.954	2.951	5.089
Tyrosine	g . . .	0.924		0.785	2.430	4.191
Valine	g . . .	1.435		1.220	3.774	6.509
Arginine	g . . .	1.999		1.699	5.257	9.067
Histidine	g . . .	0.942		0.801	2.477	4.273
Alanine	g . . .	1.932		1.642	5.081	8.764
Aspartic acid	g . . .	2.704		2.298	7.112	12.265
Glutamic acid	g . . .	4.655		3.957	12.243	21.115
Glycine	g . . .	2.198		1.868	5.781	9.970
Proline	g . . .	1.501		1.276	3.948	6.809
Serine	g . . .	1.146		0.974	3.014	5.198

BEEF, GROUND, Lean, Cooked, broiled, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				3 oz = 85 g	1 lb raw AP yields 322 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	55.74		47.38	179.48	252.84
Food energy	{ kcal . . . kJ . . .	272 1,139		231 968	876 3,667	1,235 5,166
Protein (N X6.25)	g . . .	24.72		21.01	79.60	112.13
Total lipid (fat)	g . . .	18.46		15.69	59.44	83.73
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.08		0.92	3.48	4.90
MINERALS:						
Calcium	mg . . .	11		9	34	48
Iron	mg . . .	2.11		1.79	6.79	9.57
Magnesium	mg . . .	21		18	67	94
Phosphorus	mg . . .	158		134	507	714
Potassium	mg . . .	301		256	970	1,366
Sodium	mg . . .	77		65	248	349
Zinc	mg . . .	5.36		4.56	17.26	24.31
Copper	mg . . .	0.066		0.056	0.213	0.299
Manganese	mg . . .	0.014		0.012	0.045	0.064
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.050		0.043	0.161	0.227
Riboflavin	mg . . .	0.210		0.179	0.676	0.953
Niacin	mg . . .	5.160		4.386	16.615	23.406
Pantothenic acid	mg . . .	0.380		0.323	1.224	1.724
Vitamin B ₆	mg . . .	0.26		0.22	0.84	1.18
Folacin	mcg . . .	9		8	30	42
Vitamin B ₁₂	mcg . . .	2.35		2.00	7.57	10.66
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	7.25		6.16	23.35	32.90
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.05	0.08
12:0	g . . .	0.02		0.02	0.06	0.09
14:0	g . . .	0.52		0.45	1.69	2.38
16:0	g . . .	4.18		3.55	13.45	18.94
18:0	g . . .	2.18		1.85	7.01	9.87
Monounsaturated, total	g . . .	8.08		6.87	26.02	36.66
16:1	g . . .	0.69		0.59	2.22	3.13
18:1	g . . .	7.06		6.00	22.75	32.04
20:1	g . . .	0.01		0.01	0.05	0.06
22:1	g . . .					
Polyunsaturated, total	g . . .	0.69		0.58	2.22	3.12
18:2	g . . .	0.51		0.43	1.64	2.30
18:3	g . . .	0.08		0.07	0.25	0.35
18:4	g . . .					
20:4	g . . .	0.07		0.06	0.24	0.34
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	87		74	280	395
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.305		0.259	0.982	1.383
Threonine	g . . .	1.036		0.881	3.336	4.699
Isoleucine	g . . .	1.060		0.901	3.413	4.808
Leucine	g . . .	1.981		1.684	6.379	8.986
Lysine	g . . .	2.065		1.755	6.649	9.367
Methionine	g . . .	0.577		0.490	1.858	2.617
Cystine	g . . .	0.237		0.201	0.763	1.075
Phenylalanine	g . . .	0.937		0.796	3.017	4.250
Tyrosine	g . . .	0.771		0.655	2.483	3.497
Valine	g . . .	1.198		1.018	3.858	5.434
Arginine	g . . .	1.669		1.419	5.374	7.571
Histidine	g . . .	0.787		0.669	2.534	3.570
Alanine	g . . .	1.614		1.372	5.197	7.321
Aspartic acid	g . . .	2.258		1.919	7.271	10.242
Glutamic acid	g . . .	3.888		3.305	12.519	17.636
Glycine	g . . .	1.835		1.560	5.909	8.324
Proline	g . . .	1.254		1.066	4.038	5.688
Serine	g . . .	0.957		0.813	3.082	4.341

BEEF, GROUND, Lean, Cooked, broiled, well done

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 281 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	52.86		44.93	148.54	239.77
Food energy	{ kcal . . .	280		238	785	1,268
	{ kJ . . .	1,169		994	3,286	5,305
Protein (N X6.25)	g . . .	28.20		23.97	79.24	127.92
Total lipid (fat)	g . . .	17.64		14.99	49.57	80.02
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.30		1.11	3.65	5.90
MINERALS:						
Calcium	mg . . .	12		10	34	55
Iron	mg . . .	2.45		2.08	6.88	11.11
Magnesium	mg . . .	24		20	67	108
Phosphorus	mg . . .	182		155	513	827
Potassium	mg . . .	349		296	980	1,582
Sodium	mg . . .	89		76	250	404
Zinc	mg . . .	6.20		5.27	17.42	28.12
Copper	mg . . .	0.077		0.065	0.216	0.349
Manganese	mg . . .	0.017		0.014	0.048	0.077
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.060		0.051	0.169	0.272
Riboflavin	mg . . .	0.240		0.204	0.674	1.089
Niacin	mg . . .	5.970		5.075	16.776	27.080
Pantothenic acid	mg . . .	0.440		0.374	1.236	1.996
Vitamin B ₆	mg . . .	0.30		0.26	0.84	1.36
Folic acid	mcg . . .	11		9	30	49
Vitamin B ₁₂	mcg . . .	2.72		2.31	7.64	12.34
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.93		5.89	19.47	31.43
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.05	0.08
12:0	g . . .	0.02		0.02	0.05	0.08
14:0	g . . .	0.50		0.43	1.41	2.27
16:0	g . . .	3.99		3.39	11.21	18.10
18:0	g . . .	2.08		1.77	5.85	9.44
Monounsaturated, total	g . . .	7.72		6.56	21.70	35.03
16:1	g . . .	0.66		0.56	1.85	2.99
18:1	g . . .	6.75		5.74	18.97	30.62
20:1	g . . .	0.01		0.01	0.04	0.06
22:1	g . . .					
Polyunsaturated, total	g . . .	0.66		0.56	1.85	2.98
18:2	g . . .	0.49		0.41	1.36	2.20
18:3	g . . .	0.07		0.06	0.21	0.33
18:4	g . . .					
20:4	g . . .	0.07		0.06	0.20	0.32
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	101		86	283	457
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.347		0.295	0.975	1.574
Threonine	g . . .	1.182		1.005	3.321	5.362
Isoleucine	g . . .	1.209		1.028	3.397	5.484
Leucine	g . . .	2.261		1.922	6.353	10.256
Lysine	g . . .	2.355		2.002	6.618	10.682
Methionine	g . . .	0.659		0.560	1.852	2.989
Cystine	g . . .	0.271		0.230	0.762	1.229
Phenylalanine	g . . .	1.069		0.909	3.004	4.849
Tyrosine	g . . .	0.880		0.748	2.473	3.992
Valine	g . . .	1.367		1.162	3.841	6.201
Arginine	g . . .	1.904		1.618	5.350	8.637
Histidine	g . . .	0.898		0.763	2.523	4.073
Alanine	g . . .	1.841		1.565	5.173	8.351
Aspartic acid	g . . .	2.576		2.190	7.239	11.685
Glutamic acid	g . . .	4.435		3.770	12.462	20.117
Glycine	g . . .	2.094		1.780	5.884	9.498
Proline	g . . .	1.430		1.216	4.018	6.486
Serine	g . . .	1.092		0.928	3.069	4.953

BEEF, GROUND, Lean, Cooked, pan-fried, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 327 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	55.62		47.28	181.88	252.29
Food energy	{ kcal kJ	275 1,152		234 979	901 3,768	1,249 5,227
Protein (N X 6.25)	g	24.23		20.60	79.23	109.91
Total lipid (fat)	g	19.06		16.20	62.33	86.46
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.09		0.93	3.56	4.94
MINERALS:						
Calcium	mg	10		8	32	44
Iron	mg	2.18		1.85	7.13	9.89
Magnesium	mg	20		17	67	93
Phosphorus	mg	159		135	521	723
Potassium	mg	299		254	978	1,357
Sodium	mg	77		65	251	348
Zinc	mg	5.20		4.42	17.00	23.59
Copper	mg	0.077		0.065	0.252	0.349
Manganese	mg	0.014		0.012	0.046	0.064
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.050		0.043	0.164	0.227
Riboflavin	mg	0.220		0.187	0.719	0.998
Niacin	mg	4.790		4.072	15.663	21.727
Pantothenic acid	mg	0.320		0.272	1.046	1.452
Vitamin B ₆	mg	0.28		0.24	0.92	1.27
Folacin	mcg	9		8	30	42
Vitamin B ₁₂	mcg	2.27		1.93	7.42	10.30
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.49		6.36	24.49	33.97
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.02	0.06	0.08
12:0	g	0.02		0.02	0.06	0.09
14:0	g	0.54		0.46	1.77	2.45
16:0	g	4.31		3.67	14.10	19.56
18:0	g	2.25		1.91	7.35	10.20
Monounsaturated, total	g	8.34		7.09	27.28	37.85
16:1	g	0.71		0.61	2.33	3.23
18:1	g	7.29		6.20	23.85	33.08
20:1	g	0.01		0.01	0.05	0.06
22:1	g					
Polyunsaturated, total	g	0.71		0.60	2.32	3.23
18:2	g	0.52		0.45	1.71	2.38
18:3	g	0.08		0.07	0.26	0.36
18:4	g					
20:4	g	0.08		0.06	0.25	0.34
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	84		71	275	381
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.299		0.254	0.978	1.356
Threonine	g	1.016		0.864	3.322	4.609
Isoleucine	g	1.039		0.883	3.398	4.713
Leucine	g	1.942		1.651	6.350	8.809
Lysine	g	2.024		1.720	6.618	9.181
Methionine	g	0.566		0.481	1.851	2.567
Cystine	g	0.233		0.198	0.762	1.057
Phenylalanine	g	0.919		0.781	3.005	4.169
Tyrosine	g	0.756		0.643	2.472	3.429
Valine	g	1.175		0.999	3.842	5.330
Arginine	g	1.636		1.391	5.350	7.421
Histidine	g	0.772		0.656	2.524	3.502
Alanine	g	1.582		1.345	5.173	7.176
Aspartic acid	g	2.214		1.882	7.240	10.043
Glutamic acid	g	3.811		3.239	12.462	17.287
Glycine	g	1.799		1.529	5.883	8.160
Proline	g	1.229		1.045	4.019	5.575
Serine	g	0.938		0.797	3.067	4.255

BEEF, GROUND, Lean, Cooked, pan-fried, well done

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 286 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	53.70		45.65	153.58	243.58
Food energy	{ kcal . . .	277		235	791	1,255
	{ kJ . . .	1,157		984	3,310	5,249
Protein (N X6, 25)	g . . .	27.60		23.43	78.82	125.01
Total lipid (fat)	g . . .	17.67		15.02	50.54	80.15
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.20		1.02	3.43	5.44
MINERALS:						
Calcium	mg . . .	11		9	31	50
Iron	mg . . .	2.48		2.11	7.09	11.25
Magnesium	mg . . .	23		20	66	105
Phosphorus	mg . . .	181		154	518	821
Potassium	mg . . .	340		289	973	1,543
Sodium	mg . . .	87		74	249	396
Zinc	mg . . .	5.91		5.02	16.90	26.81
Copper	mg . . .	0.088		0.075	0.252	0.399
Manganese	mg . . .	0.016		0.014	0.046	0.073
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.060		0.051	0.172	0.272
Riboflavin	mg . . .	0.240		0.204	0.686	1.089
Niacin	mg . . .	5.450		4.633	15.587	24.721
Pantothenic acid	mg . . .	0.360		0.306	1.030	1.633
Vitamin B ₆	mg . . .	0.32		0.27	0.92	1.45
Folacin	mcg . . .	10		9	30	47
Vitamin B ₁₂	mcg . . .	2.58		2.19	7.38	11.70
Vitamin A	{ RE . . .	--		--	--	--
	{ IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	6.94		5.90	19.85	31.49
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.01	0.05	0.08
12:0	g . . .	0.02		0.02	0.05	0.08
14:0	g . . .	0.50		0.43	1.43	2.27
16:0	g . . .	4.00		3.40	11.43	18.13
18:0	g . . .	2.08		1.77	5.96	9.45
Monounsaturated, total	g . . .	7.74		6.58	22.12	35.09
16:1	g . . .	0.66		0.56	1.89	2.99
18:1	g . . .	6.76		5.75	19.34	30.67
20:1	g . . .	0.01		0.01	0.04	0.06
22:1	g . . .					
Polyunsaturated, total	g . . .	0.66		0.56	1.88	2.99
18:2	g . . .	0.49		0.41	1.39	2.20
18:3	g . . .	0.07		0.06	0.21	0.33
18:4	g . . .					
20:4	g . . .	0.07		0.06	0.20	0.32
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	95		81	273	433
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.340		0.289	0.972	1.542
Threonine	g . . .	1.157		0.983	3.309	5.248
Isoleucine	g . . .	1.183		1.006	3.383	5.366
Leucine	g . . .	2.212		1.880	6.326	10.034
Lysine	g . . .	2.305		1.959	6.592	10.455
Methionine	g . . .	0.645		0.548	1.845	2.926
Cystine	g . . .	0.265		0.225	0.758	1.202
Phenylalanine	g . . .	1.047		0.890	2.994	4.749
Tyrosine	g . . .	0.861		0.732	2.462	3.905
Valine	g . . .	1.338		1.137	3.827	6.069
Arginine	g . . .	1.864		1.584	5.331	8.455
Histidine	g . . .	0.879		0.747	2.514	3.987
Alanine	g . . .	1.802		1.532	5.154	8.174
Aspartic acid	g . . .	2.522		2.144	7.213	11.440
Glutamic acid	g . . .	4.341		3.690	12.415	19.691
Glycine	g . . .	2.049		1.742	5.860	9.294
Proline	g . . .	1.400		1.190	4.004	6.350
Serine	g . . .	1.069		0.909	3.057	4.849

BEEF, GROUND, Regular, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				4 oz = 113 g	1 oz = 28.35 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	56.06	0.285	60	63.35	15.89	254.29
Food energy { <i>kcal</i> . . . <i>kJ</i> . . .	310 1,299			351 1,468	88 368	1,408 5,893
Protein (N X6.25) g . . .	16.62	0.154	54	18.78	4.71	75.40
Total lipid (fat) g . . .	26.55	0.461	58	30.00	7.53	120.44
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.00	0.115	8	1.13	0.28	4.52
MINERALS:						
Calcium mg . . .	8	0.406	41	10	2	38
Iron mg . . .	1.73	0.034	40	1.96	0.49	7.86
Magnesium mg . . .	16	0.251	39	18	4	71
Phosphorus mg . . .	130			146	37	587
Potassium mg . . .	228	3.495	40	258	65	1,035
Sodium mg . . .	68	1.365	41	77	19	308
Zinc mg . . .	3.55	0.063	40	4.01	1.01	16.08
Copper mg . . .	0.062	0.001	40	0.070	0.018	0.281
Manganese mg . . .	0.017	0.001	39	0.019	0.005	0.077
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.038			0.043	0.011	0.172
Riboflavin mg . . .	0.151			0.171	0.043	0.685
Niacin mg . . .	4.480			5.062	1.270	20.321
Pantothenic acid mg . . .	0.346			0.391	0.098	1.569
Vitamin B ₆ mg . . .	0.24			0.27	0.07	1.10
Folacin mcg . . .	7			8	2	32
Vitamin B ₁₂ mcg . . .	2.65		1	2.99	0.75	12.02
Vitamin A { <i>RE</i> . . . <i>IU</i> . . .	-- --			-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	10.78			12.18	3.06	48.90
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.04			0.05	0.01	0.19
12:0 g . . .	0.03			0.04	0.01	0.15
14:0 g . . .	0.76			0.86	0.22	3.46
16:0 g . . .	6.18			6.99	1.75	28.04
18:0 g . . .	3.19			3.61	0.90	14.48
Monounsaturated, total g . . .	11.64			13.15	3.30	52.80
16:1 g . . .	1.12			1.27	0.32	5.09
18:1 g . . .	9.98			11.28	2.83	45.28
20:1 g . . .	0.03			0.04	0.01	0.15
22:1 g . . .						
Polyunsaturated, total g . . .	1.08			1.22	0.31	4.89
18:2 g . . .	0.78			0.88	0.22	3.55
18:3 g . . .	0.16			0.18	0.05	0.72
18:4 g . . .						
20:4 g . . .	0.10			0.11	0.03	0.45
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	85			96	24	384
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.205			0.232	0.058	0.930
Threonine g . . .	0.697			0.788	0.198	3.162
Isoleucine g . . .	0.713			0.806	0.202	3.234
Leucine g . . .	1.332			1.505	0.378	6.042
Lysine g . . .	1.388			1.568	0.393	6.296
Methionine g . . .	0.388			0.438	0.110	1.760
Cystine g . . .	0.160			0.181	0.045	0.726
Phenylalanine g . . .	0.630			0.712	0.179	2.858
Tyrosine g . . .	0.519			0.586	0.147	2.354
Valine g . . .	0.806			0.911	0.229	3.656
Arginine g . . .	1.122			1.268	0.318	5.089
Histidine g . . .	0.529			0.598	0.150	2.400
Alanine g . . .	1.085			1.226	0.308	4.922
Aspartic acid g . . .	1.518			1.715	0.430	6.886
Glutamic acid g . . .	2.614			2.954	0.741	11.857
Glycine g . . .	1.234			1.394	0.350	5.597
Proline g . . .	0.843			0.953	0.239	3.824
Serine g . . .	0.643			0.727	0.182	2.917

BEEF, GROUND, Regular, Cooked, baked, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 318 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	55.10			46.84	175.22	249.93
Food energy { kcal . . .	287			244	913	1,302
Protein (N X6.25) g . . .	1,201			1,021	3,820	5,449
Total lipid (fat) g . . .	23.02			19.57	73.20	104.42
Carbohydrate, total g . . .	20.93			17.79	66.56	94.94
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	0.00			0.00	0.00	0.00
	0.95			0.81	3.02	4.31
MINERALS:						
Calcium mg . . .	10			8	31	44
Iron mg . . .	2.41			2.05	7.66	10.93
Magnesium mg . . .	15			13	49	70
Phosphorus mg . . .	137			117	436	622
Potassium mg . . .	221			188	703	1,003
Sodium mg . . .	60			51	191	273
Zinc mg . . .	4.89			4.16	15.55	22.18
Copper mg . . .	0.070			0.060	0.223	0.318
Manganese mg . . .	0.017			0.014	0.054	0.077
VITAMINS:						
Ascorbic acid mg . . .	0.0			0.0	0.0	0.0
Thiamin mg . . .	0.030			0.026	0.095	0.136
Riboflavin mg . . .	0.160			0.136	0.509	0.726
Niacin mg . . .	4.750			4.038	15.105	21.546
Pantothenic acid mg . . .	0.220			0.187	0.700	0.998
Vitamin B ₆ mg . . .	0.23			0.20	0.73	1.04
Folic acid mcg . . .	9			7	28	40
Vitamin B ₁₂ mcg . . .	2.34			1.99	7.44	10.61
Vitamin A { RE . . .	--			--	--	--
	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	8.22			6.99	26.15	37.29
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.02			0.02	0.06	0.09
12:0 g . . .	0.02			0.02	0.07	0.10
14:0 g . . .	0.59			0.50	1.89	2.69
16:0 g . . .	4.74			4.02	15.06	21.48
18:0 g . . .	2.47			2.10	7.85	11.20
Monounsaturated, total g . . .	9.16			7.79	29.14	41.56
16:1 g . . .	0.78			0.66	2.49	3.55
18:1 g . . .	8.01			6.81	25.47	36.33
20:1 g . . .	0.02			0.01	0.05	0.07
22:1 g . . .						
Polyunsaturated, total g . . .	0.78			0.66	2.48	3.54
18:2 g . . .	0.58			0.49	1.83	2.61
18:3 g . . .	0.09			0.07	0.28	0.39
18:4 g . . .						
20:4 g . . .	0.08			0.07	0.27	0.38
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	87			74	276	394
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.284			0.241	0.903	1.288
Threonine g . . .	0.965			0.820	3.069	4.377
Isoleucine g . . .	0.987			0.839	3.139	4.477
Leucine g . . .	1.845			1.568	5.867	8.369
Lysine g . . .	1.923			1.635	6.115	8.723
Methionine g . . .	0.538			0.457	1.711	2.440
Cystine g . . .	0.221			0.188	0.703	1.002
Phenylalanine g . . .	0.873			0.742	2.776	3.960
Tyrosine g . . .	0.718			0.610	2.283	3.257
Valine g . . .	1.116			0.949	3.549	5.062
Arginine g . . .	1.554			1.321	4.942	7.049
Histidine g . . .	0.733			0.623	2.331	3.325
Alanine g . . .	1.503			1.278	4.780	6.818
Aspartic acid g . . .	2.103			1.788	6.688	9.539
Glutamic acid g . . .	3.620			3.077	11.512	16.420
Glycine g . . .	1.709			1.453	5.435	7.752
Proline g . . .	1.168			0.993	3.714	5.298
Serine g . . .	0.891			0.757	2.833	4.042

BEEF, GROUND, Regular, Cooked, baked, well done

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 254 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	48.90		41.57	124.21	221.81
Food energy	{ kcal kJ	317 1,325		269 1,126	804 3,365	1,436 6,009
Protein (N X 6.25)	g	28.80		24.48	73.15	130.64
Total lipid (fat)	g	21.47		18.25	54.53	97.39
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.20		1.02	3.05	5.44
MINERALS:						
Calcium	mg	12		10	31	55
Iron	mg	2.99		2.54	7.59	13.56
Magnesium	mg	19		16	49	87
Phosphorus	mg	170		144	432	771
Potassium	mg	274		233	696	1,243
Sodium	mg	75		63	189	338
Zinc	mg	6.07		5.16	15.42	27.53
Copper	mg	0.086		0.073	0.218	0.390
Manganese	mg	0.021		0.018	0.053	0.095
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.040		0.034	0.102	0.181
Riboflavin	mg	0.200		0.170	0.508	0.907
Niacin	mg	5.890		5.007	14.961	26.717
Pantothenic acid	mg	0.270		0.230	0.686	1.225
Vitamin B ₆	mg	0.29		0.25	0.74	1.32
Folacin	mcg	11		9	28	49
Vitamin B ₁₂	mcg	2.90		2.47	7.37	13.15
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.43		7.17	21.42	38.26
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.02	0.05	0.09
12:0	g	0.02		0.02	0.06	0.10
14:0	g	0.61		0.52	1.55	2.76
16:0	g	4.86		4.13	12.34	22.03
18:0	g	2.53		2.15	6.43	11.49
Monounsaturated, total	g	9.40		7.99	23.87	42.63
16:1	g	0.80		0.68	2.04	3.64
18:1	g	8.22		6.98	20.87	37.27
20:1	g	0.02		0.01	0.04	0.07
22:1	g					
Polyunsaturated, total	g	0.80		0.68	2.03	3.63
18:2	g	0.59		0.50	1.50	2.68
18:3	g	0.09		0.08	0.23	0.40
18:4	g					
20:4	g	0.09		0.07	0.22	0.39
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	108		92	274	488
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.355		0.302	0.902	1.610
Threonine	g	1.207		1.026	3.066	5.475
Isoleucine	g	1.235		1.050	3.137	5.602
Leucine	g	2.309		1.963	5.865	10.474
Lysine	g	2.405		2.044	6.109	10.909
Methionine	g	0.673		0.572	1.709	3.053
Cystine	g	0.276		0.235	0.701	1.252
Phenylalanine	g	1.092		0.928	2.774	4.953
Tyrosine	g	0.899		0.764	2.283	4.078
Valine	g	1.396		1.187	3.546	6.332
Arginine	g	1.945		1.653	4.940	8.823
Histidine	g	0.917		0.779	2.329	4.160
Alanine	g	1.880		1.598	4.775	8.528
Aspartic acid	g	2.631		2.236	6.683	11.934
Glutamic acid	g	4.530		3.851	11.506	20.548
Glycine	g	2.138		1.817	5.431	9.698
Proline	g	1.461		1.242	3.711	6.627
Serine	g	1.115		0.948	2.832	5.058

BEEF, GROUND, Regular, Cooked, broiled, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 304 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	54.24		46.10	164.89	246.03
Food energy	{ kcal	289		246	880	1,313
	{ kJ	1,211		1,029	3,681	5,492
Protein (N X 6.25)	g	24.07		20.46	73.17	109.18
Total lipid (fat)	g	20.69		17.59	62.90	93.85
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.00		0.85	3.03	4.52
MINERALS:						
Calcium	mg	11		9	33	49
Iron	mg	2.44		2.07	7.42	11.07
Magnesium	mg	20		17	60	89
Phosphorus	mg	170		144	516	770
Potassium	mg	292		248	887	1,324
Sodium	mg	83		70	251	375
Zinc	mg	5.18		4.40	15.75	23.50
Copper	mg	0.082		0.070	0.249	0.372
Manganese	mg	0.017		0.014	0.052	0.077
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.030		0.026	0.091	0.136
Riboflavin	mg	0.190		0.162	0.578	0.862
Niacin	mg	5.770		4.905	17.541	26.173
Pantothenic acid	mg	0.330		0.281	1.003	1.497
Vitamin B ₆	mg	0.27		0.23	0.82	1.22
Folic acid	mcg	9		8	27	41
Vitamin B ₁₂	mcg	2.93		2.49	8.91	13.29
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.13		6.91	24.71	36.87
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.02	0.06	0.09
12:0	g	0.02		0.02	0.06	0.10
14:0	g	0.59		0.50	1.78	2.66
16:0	g	4.68		3.98	14.23	21.23
18:0	g	2.44		2.07	7.42	11.07
Monounsaturated, total	g	9.06		7.70	27.54	41.09
16:1	g	0.77		0.66	2.35	3.51
18:1	g	7.92		6.73	24.07	35.91
20:1	g	0.02		0.01	0.05	0.07
22:1	g					
Polyunsaturated, total	g	0.77		0.66	2.34	3.50
18:2	g	0.57		0.48	1.73	2.58
18:3	g	0.09		0.07	0.26	0.39
18:4	g					
20:4	g	0.08		0.07	0.25	0.38
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	90		76	273	408
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.297		0.252	0.903	1.347
Threonine	g	1.009		0.858	3.067	4.577
Isoleucine	g	1.032		0.877	3.137	4.681
Leucine	g	1.929		1.640	5.864	8.750
Lysine	g	2.010		1.708	6.110	9.117
Methionine	g	0.562		0.478	1.708	2.549
Cystine	g	0.231		0.196	0.702	1.048
Phenylalanine	g	0.913		0.776	2.776	4.141
Tyrosine	g	0.751		0.638	2.283	3.407
Valine	g	1.167		0.992	3.548	5.294
Arginine	g	1.625		1.381	4.940	7.371
Histidine	g	0.766		0.651	2.329	3.475
Alanine	g	1.571		1.335	4.776	7.126
Aspartic acid	g	2.199		1.869	6.685	9.975
Glutamic acid	g	3.786		3.218	11.509	17.173
Glycine	g	1.787		1.519	5.432	8.106
Proline	g	1.221		1.038	3.712	5.538
Serine	g	0.932		0.792	2.833	4.228

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 272 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	52.00			44.20	141.44	235.87
Food energy { kcal	292			248	793	1,323
Protein (N X6.25) g	1,220			1,037	3,320	5,536
Total lipid (fat) g	27.20			23.12	73.98	123.38
Carbohydrate, total g	19.46			16.54	52.93	88.27
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	0.00			0.00	0.00	0.00
	1.37			1.16	3.73	6.21
MINERALS:						
Calcium mg	12			10	33	55
Iron mg	2.74			2.33	7.45	12.43
Magnesium mg	22			19	60	101
Phosphorus mg	191			162	518	864
Potassium mg	327			278	891	1,485
Sodium mg	93			79	252	420
Zinc mg	5.81			4.94	15.80	26.35
Copper mg	0.092			0.078	0.250	0.417
Manganese mg	0.020			0.017	0.054	0.091
VITAMINS:						
Ascorbic acid mg	0.0			0.0	0.0	0.0
Thiamin mg	0.040			0.034	0.109	0.181
Riboflavin mg	0.210			0.179	0.571	0.953
Niacin mg	6.470			5.500	17.598	29.348
Pantothenic acid mg	0.370			0.315	1.006	1.678
Vitamin B ₆ mg	0.30			0.26	0.82	1.36
Folacin mcg	10			9	27	46
Vitamin B ₁₂ mcg	3.28			2.79	8.92	14.88
Vitamin A { RE	--			--	--	--
	{ IU			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	7.65			6.50	20.79	34.68
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.02			0.02	0.05	0.08
12:0 g	0.02			0.02	0.05	0.09
14:0 g	0.55			0.47	1.50	2.50
16:0 g	4.40			3.74	11.97	19.97
18:0 g	2.30			1.95	6.24	10.41
Monounsaturated, total g	8.52			7.24	23.17	38.64
16:1 g	0.73			0.62	1.98	3.30
18:1 g	7.45			6.33	20.26	33.78
20:1 g	0.02			0.01	0.04	0.07
22:1 g						
Polyunsaturated, total g	0.73			0.62	1.97	3.29
18:2 g	0.54			0.45	1.46	2.43
18:3 g	0.08			0.07	0.22	0.37
18:4 g						
20:4 g	0.08			0.07	0.21	0.35
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	101			86	274	457
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.335			0.285	0.911	1.520
Threonine g	1.140			0.969	3.101	5.171
Isoleucine g	1.166			0.991	3.172	5.289
Leucine g	2.180			1.853	5.930	9.888
Lysine g	2.272			1.931	6.180	10.306
Methionine g	0.635			0.540	1.727	2.880
Cystine g	0.261			0.222	0.710	1.184
Phenylalanine g	1.031			0.876	2.804	4.677
Tyrosine g	0.849			0.722	2.309	3.851
Valine g	1.319			1.121	3.588	5.983
Arginine g	1.837			1.561	4.997	8.333
Histidine g	0.866			0.736	2.356	3.928
Alanine g	1.776			1.510	4.831	8.056
Aspartic acid g	2.485			2.112	6.759	11.272
Glutamic acid g	4.278			3.636	11.636	19.405
Glycine g	2.019			1.716	5.492	9.158
Proline g	1.380			1.173	3.754	6.260
Serine g	1.053			0.895	2.864	4.776

BEEF, GROUND, Regular, Cooked, pan-fried, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 308 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	52.27		44.43	160.99	237.10
Food energy	{ kcal kJ	306 1,279		260 1,087	941 3,938	1,386 5,800
Protein (N X 6.25)	g	23.92		20.33	73.67	108.50
Total lipid (fat)	g	22.56		19.18	69.48	102.33
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	1.25		1.06	3.85	5.67
MINERALS:						
Calcium	mg	11		10	34	51
Iron	mg	2.45		2.08	7.55	11.11
Magnesium	mg	20		17	61	89
Phosphorus	mg	171		145	525	774
Potassium	mg	300		255	924	1,361
Sodium	mg	84		71	258	380
Zinc	mg	5.07		4.31	15.62	23.00
Copper	mg	0.081		0.069	0.249	0.367
Manganese	mg	0.017		0.014	0.052	0.077
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.030		0.026	0.092	0.136
Riboflavin	mg	0.200		0.170	0.616	0.907
Niacin	mg	5.830		4.956	17.956	26.445
Pantothenic acid	mg	0.340		0.289	1.047	1.542
Vitamin B ₆	mg	0.24		0.20	0.74	1.09
Folacin	mcg	9		8	27	40
Vitamin B ₁₂	mcg	2.71		2.30	8.35	12.29
Vitamin A	{ RE IU	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.86		7.53	27.30	40.20
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.02	0.06	0.10
12:0	g	0.02		0.02	0.07	0.10
14:0	g	0.64		0.54	1.97	2.90
16:0	g	5.10		4.34	15.72	23.15
18:0	g	2.66		2.26	8.20	12.07
Monounsaturated, total	g	9.88		8.39	30.42	44.80
16:1	g	0.84		0.72	2.60	3.82
18:1	g	8.63		7.34	26.59	39.16
20:1	g	0.02		0.01	0.05	0.08
22:1	g					
Polyunsaturated, total	g	0.84		0.71	2.59	3.81
18:2	g	0.62		0.53	1.91	2.81
18:3	g	0.09		0.08	0.29	0.43
18:4	g					
20:4	g	0.09		0.08	0.28	0.41
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	89		75	273	402
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.295		0.251	0.909	1.338
Threonine	g	1.003		0.853	3.089	4.550
Isoleucine	g	1.026		0.872	3.160	4.654
Leucine	g	1.917		1.629	5.904	8.696
Lysine	g	1.998		1.698	6.154	9.063
Methionine	g	0.559		0.475	1.722	2.536
Cystine	g	0.230		0.196	0.708	1.043
Phenylalanine	g	0.907		0.771	2.794	4.114
Tyrosine	g	0.746		0.634	2.298	3.384
Valine	g	1.160		0.986	3.573	5.262
Arginine	g	1.615		1.373	4.974	7.326
Histidine	g	0.762		0.648	2.347	3.456
Alanine	g	1.561		1.327	4.808	7.081
Aspartic acid	g	2.185		1.857	6.730	9.911
Glutamic acid	g	3.762		3.198	11.587	17.064
Glycine	g	1.776		1.510	5.470	8.056
Proline	g	1.213		1.031	3.736	5.502
Serine	g	0.926		0.787	2.852	4.200

BEEF, GROUND, Regular, Cooked, pan-fried, well done

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 277 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	52.68		44.78	145.92	238.96
Food energy	{ kcal . . . kJ . . .	286 1,196		243 1,017	792 3,313	1,297 5,426
Protein (N X6.25)	g . . .	27.00		22.95	74.79	122.47
Total lipid (fat)	g . . .	18.92		16.08	52.41	85.82
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	1.40		1.19	3.88	6.35
MINERALS:						
Calcium	mg . . .	13		11	35	57
Iron	mg . . .	2.71		2.30	7.51	12.29
Magnesium	mg . . .	22		19	61	99
Phosphorus	mg . . .	189		161	524	857
Potassium	mg . . .	332		283	921	1,508
Sodium	mg . . .	93		79	257	421
Zinc	mg . . .	5.62		4.78	15.57	25.49
Copper	mg . . .	0.090		0.077	0.249	0.408
Manganese	mg . . .	0.019		0.016	0.053	0.086
VITAMINS:						
Ascorbic acid	mg . . .	0.0		0.0	0.0	0.0
Thiamin	mg . . .	0.040		0.034	0.111	0.181
Riboflavin	mg . . .	0.210		0.179	0.582	0.953
Niacin	mg . . .	6.460		5.491	17.894	29.303
Pantothenic acid	mg . . .	0.380		0.323	1.053	1.724
Vitamin B ₆	mg . . .	0.27		0.23	0.75	1.22
Folacin	mcg . . .	10		8	27	45
Vitamin B ₁₂	mcg . . .	3.00		2.55	8.31	13.61
Vitamin A	{ RE . . . IU . . .	-- --		-- --	-- --	-- --
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	7.43		6.32	20.59	33.72
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	0.02		0.02	0.05	0.08
12:0	g . . .	0.02		0.02	0.05	0.09
14:0	g . . .	0.54		0.46	1.49	2.44
16:0	g . . .	4.28		3.64	11.86	19.41
18:0	g . . .	2.23		1.90	6.18	10.12
Monounsaturated, total	g . . .	8.28		7.04	22.94	37.57
16:1	g . . .	0.71		0.60	1.96	3.21
18:1	g . . .	7.24		6.15	20.05	32.84
20:1	g . . .	0.01		0.01	0.04	0.06
22:1	g . . .					
Polyunsaturated, total	g . . .	0.71		0.60	1.95	3.20
18:2	g . . .	0.52		0.44	1.44	2.36
18:3	g . . .	0.08		0.07	0.22	0.36
18:4	g . . .					
20:4	g . . .	0.08		0.06	0.21	0.34
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	98		83	272	445
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.333		0.283	0.922	1.510
Threonine	g . . .	1.132		0.962	3.136	5.135
Isoleucine	g . . .	1.158		0.984	3.208	5.253
Leucine	g . . .	2.164		1.839	5.994	9.816
Lysine	g . . .	2.255		1.917	6.246	10.229
Methionine	g . . .	0.631		0.536	1.748	2.862
Cystine	g . . .	0.259		0.220	0.717	1.175
Phenylalanine	g . . .	1.024		0.870	2.836	4.645
Tyrosine	g . . .	0.842		0.716	2.332	3.819
Valine	g . . .	1.309		1.113	3.626	5.938
Arginine	g . . .	1.823		1.550	5.050	8.269
Histidine	g . . .	0.860		0.731	2.382	3.901
Alanine	g . . .	1.763		1.499	4.884	7.997
Aspartic acid	g . . .	2.467		2.097	6.834	11.190
Glutamic acid	g . . .	4.247		3.610	11.764	19.264
Glycine	g . . .	2.004		1.703	5.551	9.090
Proline	g . . .	1.369		1.164	3.792	6.210
Serine	g . . .	1.045		0.888	2.895	4.740

BEEF, GROUND, PATTIES, Frozen, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				4 oz = 113 g	3 oz = 85 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	58.72	0.395	75	66.35	49.91	266.34
Food energy	{ kcal kJ	282 1,181			319 1,334	240 1,004	1,280 5,356
Protein (N X6.25)	g	17.11	0.136	74	19.33	14.54	77.61
Total lipid (fat)	g	23.19	0.411	100	26.20	19.71	105.19
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.79			0.89	0.67	3.58
MINERALS:							
Calcium	mg	8			9	7	36
Iron	mg	1.78			2.01	1.51	8.07
Magnesium	mg	17			19	15	78
Phosphorus	mg	134			151	114	606
Potassium	mg	248			280	211	1,126
Sodium	mg	68			77	58	308
Zinc	mg	3.80			4.29	3.23	17.24
Copper	mg	0.067			0.076	0.057	0.304
Manganese	mg	0.016			0.018	0.014	0.073
VITAMINS:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.050			0.057	0.043	0.227
Riboflavin	mg	0.187			0.211	0.159	0.848
Niacin	mg	4.500			5.085	3.825	20.412
Pantothenic acid.	mg	0.362			0.409	0.308	1.642
Vitamin B ₆	mg	0.25			0.28	0.21	1.12
Folacin	mcg	7			8	6	32
Vitamin B ₁₂	mcg	2.40			2.71	2.04	10.89
Vitamin A	{ RE IU	-- --			-- --	-- --	-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.36			10.58	7.96	42.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.04	0.03	0.15
12:0	g	0.03			0.03	0.02	0.12
14:0	g	0.66			0.74	0.56	2.98
16:0	g	5.37			6.07	4.56	24.35
18:0	g	2.78			3.14	2.36	12.61
Monounsaturated, total	g	10.14			11.45	8.62	45.98
16:1	g	0.96			1.08	0.82	4.35
18:1	g	8.71			9.84	7.40	39.51
20:1	g	0.03			0.03	0.02	0.12
22:1	g						
Polyunsaturated, total	g	0.95			1.07	0.81	4.31
18:2	g	0.70			0.79	0.59	3.17
18:3	g	0.12			0.14	0.10	0.56
18:4	g						
20:4	g	0.09			0.11	0.08	0.43
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79			89	67	358
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.211			0.238	0.179	0.957
Threonine	g	0.717			0.810	0.609	3.252
Isoleucine	g	0.734			0.829	0.624	3.329
Leucine	g	1.371			1.549	1.165	6.219
Lysine	g	1.429			1.615	1.215	6.482
Methionine	g	0.400			0.452	0.340	1.814
Cystine	g	0.164			0.185	0.139	0.744
Phenylalanine	g	0.649			0.733	0.552	2.944
Tyrosine	g	0.534			0.603	0.454	2.422
Valine	g	0.829			0.937	0.705	3.760
Arginine	g	1.155			1.305	0.982	5.239
Histidine	g	0.545			0.616	0.463	2.472
Alanine	g	1.117			1.262	0.949	5.067
Aspartic acid	g	1.563			1.766	1.329	7.090
Glutamic acid	g	2.690			3.040	2.287	12.202
Glycine	g	1.270			1.435	1.080	5.761
Proline	g	0.868			0.981	0.738	3.937
Serine	g	0.662			0.748	0.563	3.003

BEEF, GROUND, PATTIES, Frozen, Cooked, broiled, medium

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 313 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	54.92		46.68	171.90	249.12
Food energy	{ kcal	282		240	882	1,279
	{ kJ	1,179		1,003	3,692	5,350
Protein (N X 6.25)	g	24.50		20.83	76.69	111.13
Total lipid (fat)	g	19.65		16.70	61.50	89.13
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.93		0.79	2.91	4.22
MINERALS:						
Calcium	mg	11		9	33	48
Iron	mg	2.10		1.79	6.57	9.53
Magnesium	mg	20		17	64	92
Phosphorus	mg	158		134	495	718
Potassium	mg	294		250	919	1,332
Sodium	mg	77		66	242	351
Zinc	mg	5.40		4.59	16.90	24.49
Copper	mg	0.065		0.055	0.203	0.295
Manganese	mg	0.016		0.014	0.050	0.073
VITAMINS:						
Ascorbic acid	mg	0.0		0.0	0.0	0.0
Thiamin	mg	0.050		0.043	0.157	0.227
Riboflavin	mg	0.200		0.170	0.626	0.907
Niacin	mg	5.270		4.480	16.495	23.905
Pantothenic acid	mg	0.380		0.323	1.189	1.724
Vitamin B ₆	mg	0.26		0.22	0.81	1.18
Folic acid	mcg	9		8	28	40
Vitamin B ₁₂	mcg	2.47		2.10	7.73	11.20
Vitamin A	{ RE	--		--	--	--
	{ IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.72		6.56	24.16	35.02
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.02		0.02	0.06	0.08
12:0	g	0.02		0.02	0.06	0.09
14:0	g	0.56		0.47	1.75	2.53
16:0	g	4.45		3.78	13.91	20.16
18:0	g	2.32		1.97	7.26	10.51
Monounsaturated, total	g	8.60		7.31	26.92	39.02
16:1	g	0.73		0.62	2.30	3.33
18:1	g	7.52		6.39	23.53	34.11
20:1	g	0.02		0.01	0.05	0.07
22:1	g					
Polyunsaturated, total	g	0.73		0.62	2.29	3.32
18:2	g	0.54		0.46	1.69	2.45
18:3	g	0.08		0.07	0.26	0.37
18:4	g					
20:4	g	0.08		0.07	0.24	0.35
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	94		80	294	426
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	0.302		0.257	0.945	1.370
Threonine	g	1.027		0.873	3.215	4.658
Isoleucine	g	1.051		0.893	3.290	4.767
Leucine	g	1.964		1.669	6.147	8.909
Lysine	g	2.046		1.739	6.404	9.281
Methionine	g	0.572		0.486	1.790	2.595
Cystine	g	0.235		0.200	0.736	1.066
Phenylalanine	g	0.929		0.790	2.908	4.214
Tyrosine	g	0.764		0.649	2.391	3.466
Valine	g	1.188		1.010	3.718	5.389
Arginine	g	1.654		1.406	5.177	7.503
Histidine	g	0.780		0.663	2.441	3.538
Alanine	g	1.599		1.359	5.005	7.253
Aspartic acid	g	2.238		1.902	7.005	10.152
Glutamic acid	g	3.853		3.275	12.060	17.477
Glycine	g	1.819		1.546	5.693	8.251
Proline	g	1.243		1.057	3.891	5.638
Serine	g	0.949		0.807	2.970	4.305

BEEF, BRAIN, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:Bloodclots and membranes 2%	
				1 oz	4 oz		
				= 28.35 g	= 113 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	78.28	0.385	12	22.19	88.45	347.94
Food energy	{ kcal kJ	126 525			36 149	142 594	558 2,335
Protein (N X6 .25)	g	9.80	0.332	5	2.78	11.07	43.54
Total lipid (fat)	g	9.28	0.456	6	2.63	10.49	41.26
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.35	0.047	5	0.38	1.52	5.98
MINERALS:							
Calcium	mg	8	0.535	6	2	9	34
Iron	mg	2.14	0.178	12	0.61	2.42	9.53
Magnesium	mg	13	0.300	6	4	14	56
Phosphorus	mg	257	23.446	6	73	291	1,143
Potassium	mg	321	32.000	2	91	363	1,427
Sodium	mg	103	3.848	4	29	116	457
Zinc	mg	1.22	0.123	16	0.35	1.38	5.43
Copper	mg	0.201	0.010	4	0.057	0.227	0.893
Manganese	mg	0.037	0.001	6	0.010	0.042	0.164
VITAMINS:							
Ascorbic acid	mg	16.6	2.642	6	4.7	18.8	73.9
Thiamin	mg	0.149	0.010	3	0.042	0.168	0.662
Riboflavin	mg	0.275	0.085	2	0.078	0.311	1.222
Niacin	mg	4.575	1.125	2	1.297	5.170	20.336
Pantothenic acid	mg	1.220		1	0.346	1.379	5.423
Vitamin B ₆	mg	0.26	0.081	2	0.07	0.29	1.15
Folacin	mcg	4		1	1	4	16
Vitamin B ₁₂	mcg	10.90		1	3.09	12.32	48.45
Vitamin A	{ RE IU	0 0		1 1	0 0	0 0	0 0
LIPIDS:							
Fatty acids: ¹							
Saturated, total	g	2.16			0.61	2.44	9.59
4:0	g						
6:0	g						
8:0	g						
10:0	g	--			--	--	--
12:0	g	--			--	--	--
14:0	g	0.04			0.01	0.05	0.19
16:0	g	1.12			0.32	1.27	4.98
18:0	g	0.94			0.27	1.07	4.19
Monounsaturated, total	g	1.85			0.53	2.10	8.24
16:1	g	0.07			0.02	0.08	0.32
18:1	g	1.48			0.42	1.67	6.57
20:1	g	0.17			0.05	0.19	0.76
22:1	g						
Polyunsaturated, total	g	1.07			0.30	1.21	4.75
18:2	g	0.02			0.01	0.02	0.09
18:3	g	0.00			0.00	0.00	0.00
18:4	g						
20:4	g	0.22			0.06	0.25	0.97
20:5	g						
22:5	g	0.22			0.06	0.25	0.97
22:6	g	0.50			0.14	0.56	2.20
Cholesterol	mg	1,672		1	474	1,890	7,433
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.080		4	0.023	0.090	0.356
Threonine	g	0.465		4	0.132	0.525	2.067
Isoleucine	g	0.379		4	0.107	0.428	1.685
Leucine	g	0.735		4	0.208	0.831	3.267
Lysine	g	0.586		4	0.166	0.662	2.605
Methionine	g	0.204		4	0.058	0.231	0.907
Cystine	g	0.174		4	0.049	0.197	0.773
Phenylalanine	g	0.495		4	0.140	0.559	2.200
Tyrosine	g	0.348		4	0.099	0.393	1.547
Valine	g	0.481		4	0.136	0.544	2.138
Arginine	g	0.534		4	0.151	0.603	2.374
Histidine	g	0.249		4	0.071	0.281	1.107
Alanine	g	0.542		4	0.154	0.612	2.409
Aspartic acid	g	0.878		4	0.249	0.992	3.903
Glutamic acid	g	1.196		4	0.339	1.351	5.316
Glycine	g	0.462		4	0.131	0.522	2.054
Proline	g	0.406		4	0.115	0.459	1.805
Serine	g	0.567		4	0.161	0.641	2.520

¹Values based on data for lamb.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 351 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	70.75		1	60.14	248.33	320.92
Food energy { kcal . . .	196			167	690	891
{ kJ . . .	822			699	2,885	3,728
Protein (N X6.25) g . . .	12.57		1	10.68	44.11	57.01
Total lipid (fat) g . . .	15.83		1	13.46	55.56	71.80
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.58		1	1.34	5.55	7.17
MINERALS:						
Calcium mg . . .	9		1	8	32	41
Iron mg . . .	2.22		1	1.89	7.79	10.07
Magnesium mg . . .	15		1	12	51	66
Phosphorus mg . . .	386		1	328	1,355	1,751
Potassium mg . . .	354		1	301	1,243	1,606
Sodium mg . . .	158		1	134	555	717
Zinc mg . . .	1.35		1	1.15	4.74	6.12
Copper mg . . .	0.220		1	0.187	0.772	0.998
Manganese mg . . .	0.032		1	0.027	0.112	0.145
VITAMINS:						
Ascorbic acid mg . . .	3.3		1	2.8	11.5	14.9
Thiamin mg . . .	0.130		1	0.111	0.456	0.590
Riboflavin mg . . .	0.260		1	0.221	0.913	1.179
Niacin mg . . .	3.780		1	3.213	13.268	17.146
Pantothenic acid mg . . .	0.570		1	0.485	2.001	2.586
Vitamin B ₆ mg . . .	0.39		1	0.33	1.37	1.77
Folacin mcg . . .	6		1	5	22	29
Vitamin B ₁₂ mcg . . .	15.20		1	12.92	53.35	68.95
Vitamin A { RE . . .	0			0	0	0
{ IU . . .	0			0	0	0
LIPIDS:						
Fatty acids: ¹						
Saturated, total g . . .	3.74			3.18	13.13	16.96
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	--			--	--	--
12:0 g . . .	--			--	--	--
14:0 g . . .	0.07			0.06	0.25	0.32
16:0 g . . .	1.98			1.68	6.95	8.98
18:0 g . . .	1.62			1.38	5.69	7.35
Monounsaturated, total g . . .	3.98			3.38	13.97	18.05
16:1 g . . .	0.10			0.09	0.35	0.45
18:1 g . . .	3.47			2.95	12.18	15.74
20:1 g . . .	0.23			0.20	0.81	1.04
22:1 g . . .						
Polyunsaturated, total g . . .	2.31			1.96	8.11	10.48
18:2 g . . .	0.84			0.71	2.95	3.81
18:3 g . . .	0.05			0.04	0.18	0.23
18:4 g . . .						
20:4 g . . .	0.29			0.25	1.02	1.32
20:5 g . . .						
22:5 g . . .	0.29			0.25	1.02	1.32
22:6 g . . .	0.67			0.57	2.35	3.04
Cholesterol mg . . .	1,995			1,696	7,003	9,050
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.103			0.088	0.362	0.467
Threonine g . . .	0.597			0.507	2.095	2.708
Isoleucine g . . .	0.487			0.414	1.709	2.209
Leucine g . . .	0.943			0.802	3.310	4.277
Lysine g . . .	0.752			0.639	2.640	3.411
Methionine g . . .	0.261			0.222	0.916	1.184
Cystine g . . .	0.223			0.190	0.783	1.012
Phenylalanine g . . .	0.635			0.540	2.229	2.880
Tyrosine g . . .	0.446			0.379	1.565	2.023
Valine g . . .	0.617			0.524	2.166	2.799
Arginine g . . .	0.686			0.583	2.408	3.112
Histidine g . . .	0.320			0.272	1.123	1.452
Alanine g . . .	0.696			0.592	2.443	3.157
Aspartic acid g . . .	1.126			0.957	3.952	5.108
Glutamic acid g . . .	1.534			1.304	5.384	6.958
Glycine g . . .	0.593			0.504	2.081	2.690
Proline g . . .	0.521			0.443	1.829	2.363
Serine g . . .	0.728			0.619	2.555	3.302

¹Values based on data for lamb.

¹Values based on data for lamb.

¹Includes data for cooked heart.

BEEF, HEART, Cooked, simmered

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				3 oz = 85 g	1 lb raw AP yields 257 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	64.08	0.532	4	54.47	164.69	290.69
Food energy { kcal . . .	175			148	450	794
{ kJ . . .	733			623	1,884	3,326
Protein (N X 6.25) g . . .	28.79	0.198	4	24.47	73.98	130.58
Total lipid (fat) g . . .	5.62	0.433	4	4.77	14.44	25.48
Carbohydrate, total g . . .	0.42			0.36	1.08	1.92
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.09	0.012	4	0.92	2.79	4.93
MINERALS:						
Calcium mg . . .	6		1	5	16	29
Iron mg . . .	7.51		1	6.38	19.30	34.07
Magnesium mg . . .	25		1	22	65	115
Phosphorus mg . . .	250		1	213	643	1,134
Potassium mg . . .	233		1	198	599	1,057
Sodium mg . . .	63		1	54	162	286
Zinc mg . . .	3.13		1	2.66	8.04	14.20
Copper mg . . .	0.740		1	0.629	1.902	3.357
Manganese mg . . .	0.059		1	0.050	0.152	0.268
VITAMINS:						
Ascorbic acid mg . . .	1.5		1	1.2	3.8	6.7
Thiamin mg . . .	0.140		1	0.119	0.360	0.635
Riboflavin mg . . .	1.540		1	1.309	3.958	6.985
Niacin mg . . .	4.070		1	3.460	10.460	18.462
Pantothenic acid mg . . .	0.870		1	0.740	2.236	3.946
Vitamin B ₆ mg . . .	0.21		1	0.18	0.54	0.95
Folic acid mcg . . .	2		1	2	5	9
Vitamin B ₁₂ mcg . . .	14.30		1	12.16	36.75	64.86
Vitamin A { RE . . .	0.00			0.00	0.00	0.00
{ IU . . .	0.00			0.00	0.00	0.00
LIPIDS:						
Fatty acids: ¹						
Saturated, total g . . .	1.68			1.43	4.31	7.61
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	--			--	--	--
12:0 g . . .	--			--	--	--
14:0 g . . .	0.13	0.034	2	0.11	0.34	0.60
16:0 g . . .	0.70	0.081	7	0.60	1.81	3.19
18:0 g . . .	0.77	0.049	7	0.65	1.97	3.47
Monounsaturated, total g . . .	1.25			1.06	3.20	5.65
16:1 g . . .	0.10	0.280	7	0.08	0.25	0.44
18:1 g . . .	1.05	0.181	7	0.89	2.70	4.76
20:1 g . . .	--			--	--	--
22:1 g . . .	--			--	--	--
Polyunsaturated, total g . . .	1.37			1.16	3.52	6.21
18:2 g . . .	0.90	0.178	7	0.77	2.32	4.10
18:3 g . . .	0.02		1	0.02	0.05	0.10
18:4 g . . .						
20:4 g . . .	0.45	0.090	7	0.38	1.14	2.02
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	193			164	496	875
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.322			0.274	0.828	1.461
Threonine g . . .	1.359			1.155	3.493	6.164
Isoleucine g . . .	1.262			1.073	3.243	5.724
Leucine g . . .	2.547			2.165	6.546	11.553
Lysine g . . .	2.372			2.016	6.096	10.759
Methionine g . . .	0.737			0.626	1.894	3.343
Cystine g . . .	0.378			0.321	0.971	1.715
Phenylalanine g . . .	1.303			1.108	3.349	5.910
Tyrosine g . . .	1.046			0.889	2.688	4.745
Valine g . . .	1.502			1.277	3.860	6.813
Arginine g . . .	1.925			1.636	4.947	8.732
Histidine g . . .	0.792			0.673	2.035	3.593
Alanine g . . .	1.778			1.511	4.569	8.065
Aspartic acid g . . .	2.648			2.251	6.805	12.011
Glutamic acid g . . .	4.551			3.868	11.696	20.643
Glycine g . . .	1.502			1.277	3.860	6.813
Proline g . . .	1.354			1.151	3.480	6.142
Serine g . . .	1.327			1.128	3.410	6.019

¹Includes data for raw heart.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse ¹ Fat, veins, and connective tissue 18%
				1 oz = 28.35 g	4 oz = 113 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 77.02	0.569	28	21.83	87.03	286.42
Food energy	{ kcal 107			30	121	393
	{ kJ 448			127	506	2,027
Protein (N X 6.25)	g 16.59	0.572	5	4.70	18.74	61.68
Total lipid (fat)	g 3.08	0.336	9	0.87	3.47	11.44
Carbohydrate, total	g 2.18			0.62	2.46	8.11
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.14	0.031	11	0.32	1.29	4.23
MINERALS:						
Calcium	mg 6	0.790	9	2	6	21
Iron	mg 7.36	0.587	13	2.09	8.31	27.35
Magnesium	mg 17	0.569	9	5	20	65
Phosphorus	mg 210	14.437	9	59	237	780
Potassium	mg 257	7.543	8	73	290	955
Sodium	mg 179	9.099	8	51	203	667
Zinc	mg 1.85	0.021	251	0.52	2.09	6.87
Copper	mg 0.469	0.018	509	0.133	0.530	1.744
Manganese	mg 0.102	0.002	231	0.029	0.115	0.379
VITAMINS:						
Ascorbic acid	mg 8.9	1.513	6	2.5	10.1	33.1
Thiamin	mg 0.380	0.110	2	0.108	0.429	1.413
Riboflavin	mg 2.550		1	0.723	2.882	9.483
Niacin	mg 7.950		1	2.254	8.984	29.566
Pantothenic acid	mg 3.642	0.422	2	1.033	4.115	13.545
Vitamin B ₆	mg 0.51	0.095	3	0.15	0.58	1.91
Folic acid	mcg 80	14.550	4	23	90	297
Vitamin B ₁₂	mcg 27.02	10.685	2	7.66	30.53	100.47
Vitamin A	{ RE 264	30.030	3	75	299	983
	{ IU 880	100.000	3	249	994	3,273
LIPIDS:						
Fatty acids: ¹						
Saturated, total	g 0.97			0.28	1.10	3.62
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.00		1	0.00	0.00	0.01
12:0	g 0.00		1	0.00	0.00	0.01
14:0	g 0.05	0.035	2	0.01	0.06	0.19
16:0	g 0.42	0.018	7	0.12	0.47	1.56
18:0	g 0.46	0.007	7	0.13	0.52	1.70
Monounsaturated, total	g 0.66			0.19	0.74	2.45
16:1	g 0.04	0.007	7	0.01	0.04	0.14
18:1	g 0.55	0.030	7	0.15	0.62	2.03
20:1	g --			--	--	--
22:1	g					
Polyunsaturated, total	g 0.67			0.19	0.75	2.48
18:2	g 0.36	0.049	7	0.10	0.41	1.34
18:3	g 0.01		1	0.00	0.01	0.04
18:4	g					
20:4	g 0.30	0.008	6	0.08	0.33	1.10
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 285	64.900	2	81	322	1,060
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.226		3	0.064	0.255	0.840
Threonine	g 0.802		4	0.227	0.906	2.983
Isoleucine	g 0.677		4	0.192	0.765	2.518
Leucine	g 1.330		4	0.377	1.503	4.946
Lysine	g 1.104		4	0.313	1.248	4.106
Methionine	g 0.345		4	0.098	0.390	1.283
Cystine	g 0.130		4	0.037	0.147	0.483
Phenylalanine	g 0.796		4	0.226	0.899	2.960
Tyrosine	g 0.624		4	0.177	0.705	2.321
Valine	g 1.035		4	0.293	1.170	3.849
Arginine	g 0.974		4	0.276	1.101	3.622
Histidine	g 0.433		4	0.123	0.489	1.610
Alanine	g 0.932		4	0.264	1.053	3.466
Aspartic acid	g 1.465		4	0.415	1.655	5.448
Glutamic acid	g 1.932		4	0.548	2.183	7.185
Glycine	g 1.011		4	0.287	1.142	3.760
Proline	g 0.947		4	0.268	1.070	3.522
Serine	g 0.812		4	0.230	0.918	3.020

¹Includes data for cooked kidneys.

BEEF, KIDNEYS, Cooked, simmered

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				3 oz = 85 g	1 lb raw AP yields 197 g EP	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 68.83	3.170	2	58.51	135.60	312.21
Food energy	{ kcal 144 kJ 601			122 510	283 1,183	651 2,724
Protein (N X6.25)	g 25.48	0.943	4	21.66	50.20	115.58
Total lipid (fat)	g 3.44	0.228	4	2.92	6.78	15.60
Carbohydrate, total	g 0.96			0.82	1.89	4.35
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 1.29	0.041	4	1.10	2.55	5.86
MINERALS:						
Calcium	mg 17		1	15	34	78
Iron	mg 7.31		1	6.21	14.40	33.16
Magnesium	mg 18		1	15	35	81
Phosphorus	mg 306		1	260	603	1,388
Potassium	mg 179		1	152	353	812
Sodium	mg 134		1	114	264	608
Zinc	mg 4.22		1	3.59	8.31	19.14
Copper	mg 0.680		1	0.578	1.340	3.084
Manganese	mg 0.185		1	0.157	0.364	0.839
VITAMINS:						
Ascorbic acid	mg 0.8		1	0.7	1.6	3.7
Thiamin	mg 0.190		1	0.162	0.374	0.862
Riboflavin	mg 4.060		1	3.451	7.998	18.416
Niacin	mg 6.020		1	5.117	11.859	27.307
Pantothenic acid	mg 1.690		1	1.437	3.329	7.666
Vitamin B ₆	mg 0.52		1	0.44	1.02	2.36
Folacin	mcg 98			83	192	442
Vitamin B ₁₂	mcg 51.30		1	43.61	101.06	232.70
Vitamin A	{ RE 373 IU 1,241			317 1,055	734 2,444	1,690 5,628
LIPIDS:						
Fatty acids: ¹						
Saturated, total	g 1.09			0.93	2.15	4.94
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.01		1	0.00	0.01	0.02
12:0	g 0.01		1	0.00	0.01	0.02
14:0	g 0.06	0.039	2	0.05	0.11	0.25
16:0	g 0.47	0.020	7	0.40	0.93	2.13
18:0	g 0.51	0.008	7	0.44	1.01	2.32
Monounsaturated, total	g 0.74			0.63	1.45	3.34
16:1	g 0.04	0.008	7	0.03	0.08	0.19
18:1	g 0.61	0.033	7	0.52	1.20	2.77
20:1	g --			--	--	--
22:1	g					
Polyunsaturated, total	g 0.74			0.63	1.47	3.37
18:2	g 0.40	0.054	7	0.34	0.79	1.82
18:3	g 0.01		1	0.01	0.02	0.05
18:4	g					
20:4	g 0.33	0.009	6	0.28	0.65	1.50
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 387			329	762	1,755
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.347			0.295	0.684	1.574
Threonine	g 1.231			1.046	2.425	5.584
Isoleucine	g 1.040			0.884	2.049	4.717
Leucine	g 2.043			1.737	4.025	9.267
Lysine	g 1.696			1.442	3.341	7.693
Methionine	g 0.530			0.451	1.044	2.404
Cystine	g 0.200			0.170	0.394	0.907
Phenylalanine	g 1.223			1.040	2.409	5.548
Tyrosine	g 0.958			0.814	1.887	4.345
Valine	g 1.590			1.352	3.132	7.212
Arginine	g 1.496			1.272	2.947	6.786
Histidine	g 0.665			0.565	1.310	3.016
Alanine	g 1.431			1.216	2.819	6.491
Aspartic acid	g 2.251			1.913	4.434	10.211
Glutamic acid	g 2.968			2.523	5.847	13.463
Glycine	g 1.553			1.320	3.059	7.044
Proline	g 1.455			1.237	2.866	6.600
Serine	g 1.248			1.061	2.459	5.661

¹Includes data for raw kidneys.

AH-8-13 (1985)
NDB No. 13325

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0	
				3 oz	1 lb raw AP		
				= 85 g	yields 336 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	65.91	2.414	4	56.02	221.44	298.95
Food energy	{ kcal	161			137	542	732
	{ kJ	675			574	2,268	3,064
Protein (N X 6.25)	g	24.38	1.507	4	20.72	81.91	110.59
Total lipid (fat)	g	4.89	0.641	4	4.16	16.43	22.19
Carbohydrate, total	g	3.41			2.90	11.45	15.47
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.41	0.010	4	1.20	4.73	6.40
MINERALS:							
Calcium	mg	7		1	6	23	32
Iron	mg	6.77		1	5.75	22.74	30.71
Magnesium	mg	20		1	17	67	92
Phosphorus	mg	404		1	343	1,357	1,833
Potassium	mg	235		1	200	789	1,066
Sodium	mg	70		1	60	235	318
Zinc	mg	6.07		1	5.16	20.39	27.53
Copper	mg	2.789			2.371	9.371	12.651
Manganese	mg	0.413		1	0.351	1.387	1.873
VITAMINS:							
Ascorbic acid	mg	22.6			19.2	75.9	102.6
Thiamin	mg	0.196	0.062	3	0.167	0.658	0.889
Riboflavin	mg	4.100		1	3.485	13.776	18.976
Niacin	mg	10.720		1	9.112	36.019	48.626
Pantothenic acid	mg	4.570		1	3.885	15.355	20.730
Vitamin B ₆	mg	0.91		1	0.77	3.05	4.13
Folacin	mcg	217			185	729	985
Vitamin B ₁₂	mcg	71.00		1	60.35	238.56	322.06
Vitamin A	{ RE	10,602			9,011	35,621	48,089
	{ IU	35,679			30,327	119,880	161,839
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.91			1.62	6.40	8.64
4:0	g						
6:0	g						
8:0	g						
10:0	g	--			--	--	--
12:0	g	--			--	--	--
14:0	g	0.06			0.05	0.18	0.25
16:0	g	0.60			0.51	2.01	2.72
18:0	g	1.22			1.03	4.08	5.51
Monounsaturated, total	g	0.65			0.55	2.17	2.94
16:1	g	0.05			0.04	0.15	0.21
18:1	g	0.60			0.51	2.02	2.73
20:1	g	--			--	--	--
22:1	g	--			--	--	--
Polyunsaturated, total	g	1.07			0.91	3.58	4.84
18:2	g	0.45			0.38	1.50	2.04
18:3	g	--			--	--	--
18:4	g						
20:4	g	0.29			0.25	0.97	1.32
20:5	g						
22:5	g						
22:6	g	0.25			0.21	0.84	1.14
Cholesterol	mg	389			331	1,308	1,766
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.351			0.298	1.179	1.592
Threonine	g	1.116			0.949	3.749	5.062
Isoleucine	g	1.116			0.949	3.749	5.062
Leucine	g	2.294			1.950	7.707	10.406
Lysine	g	1.693			1.439	5.688	7.679
Methionine	g	0.616			0.524	2.069	2.794
Cystine	g	0.374			0.318	1.256	1.696
Phenylalanine	g	1.299			1.104	4.364	5.892
Tyrosine	g	0.967			0.822	3.249	4.386
Valine	g	1.506			1.280	5.060	6.831
Arginine	g	1.533			1.303	5.150	6.954
Histidine	g	0.667			0.567	2.241	3.026
Alanine	g	1.455			1.237	4.888	6.600
Aspartic acid	g	2.345			1.993	7.879	10.637
Glutamic acid	g	3.304			2.808	11.101	14.987
Glycine	g	1.397			1.187	4.693	6.337
Proline	g	1.287			1.094	4.324	5.838
Serine	g	1.170			0.995	3.931	5.307

BEEF, LIVER, Cooked, pan-fried

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				3 oz = 85 g	1 lb raw AP yields 295 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	55.68	3.399	4	47.32	164.24	252.54
Food energy	{ kcal kJ	217 906			184 770	639 2,674	983 4,112
Protein (N X 6.25)	g	26.72	2.297	4	22.71	78.81	121.18
Total lipid (fat)	g	8.00	1.154	4	6.80	23.60	36.29
Carbohydrate, total	g	7.85			6.68	23.18	35.64
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.75	0.123	4	1.49	5.17	7.95
MINERALS:							
Calcium	mg	11		1	9	31	48
Iron	mg	6.28	1.217	4	5.34	18.53	28.50
Magnesium	mg	23		1	20	69	106
Phosphorus	mg	461		1	392	1,360	2,091
Potassium	mg	364		1	309	1,074	1,651
Sodium	mg	106		1	90	313	481
Zinc	mg	5.45	0.810	4	4.63	16.08	24.72
Copper	mg	2.822			2.399	8.325	12.801
Manganese	mg	0.423		1	0.360	1.248	1.919
VITAMINS:							
Ascorbic acid	mg	22.9			19.4	67.5	103.8
Thiamin	mg	0.210		1	0.179	0.620	0.953
Riboflavin	mg	4.140		1	3.519	12.213	18.779
Niacin	mg	14.440		1	12.274	42.598	65.500
Pantothenic acid	mg	5.920		1	5.032	17.464	26.853
Vitamin B ₆	mg	1.43		1	1.22	4.22	6.49
Folacin	mcg	220			187	648	997
Vitamin B ₁₂	mcg	111.80		1	95.03	329.81	507.12
Vitamin A	{ RE IU	10,728 36,105			9,119 30,689	31,649 106,510	48,664 163,773
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.82			2.40	8.33	12.81
4:0	g						
6:0	g						
8:0	g						
10:0	g	--			--	--	--
12:0	g	--			--	--	--
14:0	g	0.08			0.06	0.22	0.34
16:0	g	1.02			0.87	3.01	4.63
18:0	g	1.69			1.44	4.98	7.66
Monounsaturated, total	g	1.71			1.46	5.05	7.77
16:1	g	0.06			0.05	0.16	0.25
18:1	g	1.66			1.41	4.89	7.52
20:1	g	--			--	--	--
22:1	g	--			--	--	--
Polyunsaturated, total	g	1.80			1.53	5.32	8.17
18:2	g	1.06			0.90	3.11	4.79
18:3	g	--			--	--	--
18:4	g	--			--	--	--
20:4	g	0.35			0.30	1.04	1.60
20:5	g						
22:5	g						
22:6	g	0.30			0.26	0.90	1.38
Cholesterol	mg	482			410	1,423	2,188
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.385			0.327	1.136	1.746
Threonine	g	1.222			1.039	3.605	5.543
Isoleucine	g	1.222			1.039	3.605	5.543
Leucine	g	2.513			2.136	7.413	11.399
Lysine	g	1.855			1.577	5.472	8.414
Methionine	g	0.675			0.574	1.991	3.062
Cystine	g	0.410			0.349	1.210	1.860
Phenylalanine	g	1.423			1.210	4.198	6.455
Tyrosine	g	1.060			0.901	3.127	4.808
Valine	g	1.650			1.403	4.868	7.484
Arginine	g	1.680			1.428	4.956	7.620
Histidine	g	0.731			0.621	2.156	3.316
Alanine	g	1.594			1.355	4.702	7.230
Aspartic acid	g	2.569			2.184	7.579	11.653
Glutamic acid	g	3.620			3.077	10.679	16.420
Glycine	g	1.530			1.301	4.514	6.940
Proline	g	1.410			1.199	4.160	6.396
Serine	g	1.282			1.090	3.782	5.815

BEEF, LUNGS, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 24%	
				1 oz	4 oz		
				= 28.35 g	= 113 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	79.38	0.732	8	22.50	89.69	313.21
Food energy	{ kcal . . .	92			26	104	362
	{ kJ . . .	384			109	434	1,514
Protein (N X6, 25)	g	16.20	0.574	5	4.59	18.31	63.93
Total lipid (fat)	g	2.50	0.498	7	0.71	2.83	9.87
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.98	0.020	5	0.28	1.11	3.87
MINERALS:							
Calcium	mg	10			3	11	34
Iron	mg	7.95	0.533	4	2.25	8.98	31.37
Magnesium	mg	14			4	16	48
Phosphorus	mg	224			63	253	772
Potassium	mg	340		1	96	384	1,342
Sodium	mg	198			56	224	683
Zinc	mg	1.61	0.067	10	0.46	1.81	6.34
Copper	mg	0.260			0.074	0.294	0.896
Manganese	mg	0.019			0.005	0.021	0.065
VITAMINS:							
Ascorbic acid	mg	38.5	0.850	5	10.9	43.5	151.9
Thiamin	mg	0.047	0.033	3	0.013	0.053	0.185
Riboflavin	mg	0.230	0.120	2	0.065	0.260	0.908
Niacin	mg	4.000		1	1.134	4.520	15.784
Pantothenic acid	mg	1.000		1	0.284	1.130	3.946
Vitamin B ₆	mg	0.04	0.029	2	0.01	0.05	0.16
Folic acid	mcg	11			9	12	38
Vitamin B ₁₂	mcg	3.81	0.591	3	1.08	4.30	15.02
Vitamin A	{ RE	14			4	16	47
	{ IU	46			13	52	158
LIPIDS:							
Fatty acids:							
Saturated, total	g	0.86			0.24	0.97	2.96
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		1	0.00	0.00	0.00
12:0	g	0.00		1	0.00	0.00	0.00
14:0	g	0.04		1	0.01	0.04	0.13
16:0	g	0.45		1	0.13	0.51	1.55
18:0	g	0.23		1	0.07	0.26	0.81
Monounsaturated, total	g	0.64			0.18	0.72	2.21
16:1	g	0.09		1	0.03	0.12	0.33
18:1	g	0.47		1	0.13	0.54	1.63
20:1	g	0.02		1	0.01	0.03	0.08
22:1	g						
Polyunsaturated, total	g	0.34			0.10	0.39	1.18
18:2	g	0.17		1	0.05	0.19	0.59
18:3	g	0.02		1	0.01	0.03	0.08
18:4	g						
20:4	g	0.14		1	0.04	0.16	0.48
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	242		1	69	274	956
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.148		3	0.042	0.167	0.584
Threonine	g	0.604		4	0.171	0.683	2.383
Isoleucine	g	0.772		3	0.219	0.872	3.046
Leucine	g	1.190		3	0.337	1.345	4.696
Lysine	g	1.148		4	0.325	1.297	4.530
Methionine	g	0.324		5	0.092	0.366	1.279
Cystine	g	0.249		4	0.071	0.281	0.983
Phenylalanine	g	0.658		4	0.187	0.744	2.596
Tyrosine	g	0.365		4	0.103	0.412	1.440
Valine	g	0.798		3	0.226	0.902	3.149
Arginine	g	0.980		3	0.278	1.107	3.867
Histidine	g	0.492		3	0.139	0.556	1.941
Alanine	g	1.001		1	0.284	1.131	3.950
Aspartic acid	g	0.977		1	0.277	1.104	3.855
Glutamic acid	g	1.726		1	0.489	1.950	6.811
Glycine	g	0.734		1	0.208	0.829	2.896
Proline	g	1.659		2	0.470	1.875	6.546
Serine	g	0.816		1	0.231	0.922	3.220

AH-8-13 (1985)
NDB No. 13329

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 oz	8 oz		
				= 28.35 g	= 227 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	59.39	0.546	56	16.84	134.81	269.38
Food energy	{ kcal kJ	276 1,155			78 327	627 2,622	1,252 5,240
Protein (N X 6.25)	g	14.97	0.100	56	4.24	33.97	67.88
Total lipid (fat)	g	23.52	0.540	64	6.67	53.40	106.70
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.14	0.371	56	0.61	4.86	9.72
MINERALS:							
Calcium	mg	485	16.000	55	137	1,101	2,200
Iron	mg	5.67	0.616	36	1.61	12.86	25.70
Magnesium	mg	--			--	--	--
Phosphorus	mg	324	9.075	28	92	735	1,469
Potassium	mg	--			--	--	--
Sodium	mg	--			--	--	--
Zinc	mg	3.58	0.097	47	1.02	8.13	16.25
Copper	mg	0.056	0.002	20	0.016	0.127	0.254
Manganese	mg	--			--	--	--
VITAMINS:							
Ascorbic acid	mg	--			--	--	--
Thiamin	mg	--			--	--	--
Riboflavin	mg	--			--	--	--
Niacin	mg	--			--	--	--
Pantothenic acid	mg	--			--	--	--
Vitamin B ₆	mg	--			--	--	--
Folic acid	mcg	--			--	--	--
Vitamin B ₁₂	mcg	--			--	--	--
Vitamin A	{ RE IU	--			--	--	--
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.78			3.34	26.74	53.43
4:0	g						
6:0	g						
8:0	g						
10:0	g	--			--	--	--
12:0	g	0.03	0.009	3	0.01	0.07	0.14
14:0	g	0.63	0.010	3	0.18	1.43	2.86
16:0	g	5.66	0.119	3	1.60	12.85	25.67
18:0	g	4.87	0.190	3	1.38	11.05	22.09
Monounsaturated, total	g	8.44			2.39	19.16	38.28
16:1	g	0.56	0.017	3	0.16	1.27	2.54
18:1	g	7.59	0.178	3	2.15	17.23	34.43
20:1	g	0.07	0.001	3	0.02	0.16	0.32
22:1	g						
Polyunsaturated, total	g	0.76			0.22	1.73	3.45
18:2	g	0.59	0.020	3	0.17	1.34	2.68
18:3	g	0.17	0.008	3	0.05	0.39	0.77
18:4	g						
20:4	g	--			--	--	--
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	209	11.006	18	59	474	947
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	--			--	--	--
Threonine	g	0.474		30	0.134	1.076	2.150
Isoleucine	g	0.584		30	0.166	1.326	2.649
Leucine	g	1.199		30	0.340	2.722	5.439
Lysine	g	1.161		30	0.329	2.635	5.266
Methionine	g	0.426		30	0.121	0.967	1.932
Cystine	g	0.230		30	0.065	0.522	1.043
Phenylalanine	g	0.644		30	0.183	1.462	2.921
Tyrosine	g	0.381		30	0.108	0.865	1.728
Valine	g	0.915		30	0.259	2.077	4.150
Arginine	g	1.154		30	0.327	2.620	5.235
Histidine	g	0.443		30	0.126	1.006	2.009
Alanine	g	1.005		30	0.285	2.281	4.559
Aspartic acid	g	1.312		30	0.372	2.978	5.951
Glutamic acid	g	2.121		30	0.601	4.815	9.621
Glycine	g	1.238		30	0.351	2.810	5.616
Proline	g	0.922		30	0.261	2.093	4.182
Serine	g	0.570		30	0.162	1.294	2.586

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 oz = 28.35 g	4 oz = 113 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	65.20	2.078	3	18.48	73.68	295.75
Food energy { kcal . . .	235			67	265	1,065
{ kJ . . .	982			279	1,110	4,456
Protein (N X 6.25) g . . .	15.70	0.462	3	4.45	17.74	71.22
Total lipid (fat) g . . .	18.60	2.252	3	5.27	21.02	84.37
Carbohydrate, total g . . .	0.00			0.00	0.00	0.00
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	1.30	0.058	3	0.37	1.47	5.90
MINERALS:						
Calcium mg . . .	9	0.500	2	2	10	39
Iron mg . . .	2.22	0.082	2	0.63	2.51	10.07
Magnesium mg . . .	18	2.500	2	5	20	79
Phosphorus mg . . .	327	8.000	2	93	370	1,483
Potassium mg . . .	276	27.000	2	78	312	1,252
Sodium mg . . .	67	5.000	2	19	76	304
Zinc mg . . .	2.58	0.108	35	0.73	2.92	11.71
Copper mg . . .	0.060	0.000	2	0.017	0.068	0.272
Manganese mg . . .	0.150	0.005	12	0.042	0.169	0.680
VITAMINS:						
Ascorbic acid mg . . .	13.7	0.581	5	3.9	15.5	62.1
Thiamin mg . . .	0.140		1	0.039	0.158	0.635
Riboflavin mg . . .	0.445	0.105	2	0.126	0.503	2.018
Niacin mg . . .	4.450	1.414	2	1.262	5.028	20.185
Pantothenic acid mg . . .	3.900	0.520	2	1.106	4.407	17.690
Vitamin B ₆ mg . . .	0.20		1	0.06	0.23	0.91
Folic acid mcg . . .	--		--	--	--	--
Vitamin B ₁₂ mcg . . .	14.00	0.000	2	3.97	15.82	63.50
Vitamin A { RE . . .	0	0.000	3	0	0	0
{ IU . . .	0	0.000	3	0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	--			--	--	--
4:0 g . . .	--			--	--	--
6:0 g . . .	--			--	--	--
8:0 g . . .	--			--	--	--
10:0 g . . .	--			--	--	--
12:0 g . . .	--			--	--	--
14:0 g . . .	--			--	--	--
16:0 g . . .	--			--	--	--
18:0 g . . .	--			--	--	--
Monounsaturated, total g . . .	--			--	--	--
16:1 g . . .	--			--	--	--
18:1 g . . .	--			--	--	--
20:1 g . . .	--			--	--	--
22:1 g . . .	--			--	--	--
Polyunsaturated, total g . . .	--			--	--	--
18:2 g . . .	--			--	--	--
18:3 g . . .	--			--	--	--
18:4 g . . .	--			--	--	--
20:4 g . . .	--			--	--	--
20:5 g . . .	--			--	--	--
22:5 g . . .	--			--	--	--
22:6 g . . .	--			--	--	--
Cholesterol mg . . .	--			--	--	--
Phytosterols mg . . .	--			--	--	--
AMINO ACIDS:						
Tryptophan g . . .	0.203		4	0.058	0.229	0.921
Threonine g . . .	0.728		5	0.206	0.823	3.302
Isoleucine g . . .	0.794		5	0.225	0.897	3.602
Leucine g . . .	1.226		5	0.348	1.385	5.561
Lysine g . . .	1.158		5	0.328	1.309	5.253
Methionine g . . .	0.284		4	0.081	0.321	1.288
Cystine g . . .	--		--	--	--	--
Phenylalanine g . . .	0.653		5	0.185	0.738	2.962
Tyrosine g . . .	0.686		1	0.194	0.775	3.112
Valine g . . .	0.842		5	0.239	0.951	3.819
Arginine g . . .	0.897		5	0.254	1.014	4.069
Histidine g . . .	0.309		5	0.088	0.349	1.402
Alanine g . . .	--		--	--	--	--
Aspartic acid g . . .	1.507		1	0.427	1.703	6.836
Glutamic acid g . . .	1.316		2	0.373	1.487	5.969
Glycine g . . .	0.957		1	0.271	1.081	4.341
Proline g . . .	--		--	--	--	--
Serine g . . .	--		--	--	--	--

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
					3 oz = 85 g	1 lb raw AP yields 222 g EP	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	55.60	0.346	3	47.26	123.43	252.20
Food energy	{ kcal kJ	271 1,133			230 963	601 2,516	1,229 5,141
Protein (N X 6.25)	g	27.10	0.693	3	23.04	60.16	122.93
Total lipid (fat)	g	17.20	0.635	3	14.62	38.18	78.02
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.50	0.000	3	1.28	3.33	6.80
MINERALS:							
Calcium	mg	16			14	36	73
Iron	mg	2.61			2.22	5.79	11.84
Magnesium	mg	21			18	46	94
Phosphorus	mg	453			385	1,006	2,055
Potassium	mg	246			209	546	1,116
Sodium	mg	60			51	133	271
Zinc	mg	4.60			3.91	10.21	20.87
Copper	mg	0.089			0.076	0.198	0.404
Manganese	mg	0.208			0.177	0.462	0.943
VITAMINS:							
Ascorbic acid	mg	20.3			17.3	45.2	92.3
Thiamin	mg	0.180			0.153	0.400	0.816
Riboflavin	mg	0.485			0.412	1.077	2.200
Niacin	mg	3.970			3.375	8.813	18.008
Pantothenic acid	mg	4.248			3.611	9.431	19.269
Vitamin B ₆	mg	0.18			0.15	0.40	0.82
Folic acid	mcg	--			--	--	--
Vitamin B ₁₂	mcg	16.60			14.11	36.85	75.30
Vitamin A	{ RE IU	0 0			0 0	0 0	0 0
LIPIDS:							
Fatty acids:							
Saturated, total	g	--			--	--	--
4:0	g						
6:0	g						
8:0	g						
10:0	g	--			--	--	--
12:0	g	--			--	--	--
14:0	g	--			--	--	--
16:0	g	--			--	--	--
18:0	g	--			--	--	--
Monounsaturated, total	g	--			--	--	--
16:1	g	--			--	--	--
18:1	g	--			--	--	--
20:1	g	--			--	--	--
22:1	g						
Polyunsaturated, total	g	--			--	--	--
18:2	g	--			--	--	--
18:3	g	--			--	--	--
18:4	g						
20:4	g	--			--	--	--
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	--			--	--	--
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.351			0.298	0.779	1.592
Threonine	g	1.257			1.068	2.791	5.702
Isoleucine	g	1.370			1.165	3.041	6.214
Leucine	g	2.116			1.799	4.698	9.598
Lysine	g	1.999			1.699	4.438	9.067
Methionine	g	0.490			0.417	1.088	2.223
Cystine	g	--			--	--	--
Phenylalanine	g	1.127			0.958	2.502	5.112
Tyrosine	g	1.184			1.006	2.628	5.371
Valine	g	1.453			1.235	3.226	6.591
Arginine	g	1.548			1.316	3.437	7.022
Histidine	g	0.533			0.453	1.183	2.418
Alanine	g	--			--	--	--
Aspartic acid	g	2.602			2.212	5.776	11.803
Glutamic acid	g	2.272			1.931	5.044	10.306
Glycine	g	1.652			1.404	3.667	7.493
Proline	g	--			--	--	--
Serine	g	--			--	--	--

BEEF, SPLEEN, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 oz = 28.35 g	4 oz = 113 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	77.20	0.864	8	21.89	87.24	350.18
Food energy { kcal	105			30	119	477
{ kJ	440			125	497	1,997
Protein (N X6.25) g	18.30	0.856	5	5.19	20.68	83.01
Total lipid (fat) g	3.00	0.548	7	0.85	3.39	13.61
Carbohydrate, total g	0.00			0.00	0.00	0.00
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	1.38	0.020	5	0.39	1.56	6.26
MINERALS:						
Calcium mg	9		1	2	10	39
Iron mg	44.55	7.345	2	12.63	50.34	202.06
Magnesium mg	22		1	6	24	98
Phosphorus mg	296		1	84	334	1,343
Potassium mg	429	9.000	2	122	485	1,946
Sodium mg	85		1	24	97	387
Zinc mg	2.11	0.152	22	0.60	2.38	9.55
Copper mg	0.168	0.008	2	0.048	0.190	0.762
Manganese mg	0.073		1	0.021	0.082	0.331
VITAMINS:						
Ascorbic acid mg	45.5	1.297	5	12.9	51.4	206.4
Thiamin mg	0.050		1	0.014	0.057	0.227
Riboflavin mg	0.370		1	0.105	0.418	1.678
Niacin mg	8.400		1	2.381	9.492	38.102
Pantothenic acid mg	--			--	--	--
Vitamin B ₆ mg	0.07		1	0.02	0.07	0.30
Folic acid mcg	--			--	--	--
Vitamin B ₁₂ mcg	5.68	0.586	3	1.61	6.42	25.78
Vitamin A { RE	0	0.000	3	0	0	0
IU	0	0.000	3	0	0	0
LIPIDS:						
Fatty acids:						
Saturated, total g	--			--	--	--
4:0 g						
6:0 g						
8:0 g						
10:0 g	--			--	--	--
12:0 g	--			--	--	--
14:0 g	--			--	--	--
16:0 g	--			--	--	--
18:0 g	--			--	--	--
Monounsaturated, total g	--			--	--	--
16:1 g	--			--	--	--
18:1 g	--			--	--	--
20:1 g	--			--	--	--
22:1 g	--			--	--	--
Polyunsaturated, total g	--			--	--	--
18:2 g	--			--	--	--
18:3 g	--			--	--	--
18:4 g						
20:4 g	--			--	--	--
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	263		1	75	298	1,195
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.190		4	0.054	0.215	0.862
Threonine g	0.720		3	0.204	0.814	3.266
Isoleucine g	0.706		3	0.200	0.798	3.202
Leucine g	1.616		3	0.458	1.826	7.330
Lysine g	1.323		3	-0.375	1.495	6.001
Methionine g	0.337		3	0.096	0.381	1.529
Cystine g	0.530		1	0.150	0.599	2.404
Phenylalanine g	0.735		3	0.208	0.831	3.334
Tyrosine g	0.521		2	0.148	0.589	2.363
Valine g	1.101		3	0.312	1.244	4.994
Arginine g	1.060		2	0.301	1.198	4.808
Histidine g	0.656		2	0.186	0.741	2.976
Alanine g	1.417		1	0.402	1.601	6.428
Aspartic acid g	1.291		1	0.366	1.459	5.856
Glutamic acid g	1.672		1	0.474	1.889	7.584
Glycine g	1.107		1	0.314	1.251	5.021
Proline g	1.107		1	0.314	1.251	5.021
Serine g	0.632		1	0.179	0.714	2.867

BEEF, SPLEEN, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				3 oz	1 lb raw AP		
				= 85 g	yields 308 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	69.98	0.718	4	59.48	215.54	317.41
Food energy	{ kcal	145			123	447	658
	{ kJ	607			516	1,870	2,753
Protein (N X 6 , 25)	g	25.10	0.346	3	21.34	77.31	113.85
Total lipid (fat)	g	4.20	0.289	3	3.57	12.94	19.05
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.60	0.058	3	1.36	4.93	7.26
MINERALS:							
Calcium	mg	12			10	37	54
Iron	mg	39.36			33.46	121.23	178.55
Magnesium	mg	19			16	59	86
Phosphorus	mg	305			259	939	1,384
Potassium	mg	284			242	875	1,290
Sodium	mg	57			48	176	257
Zinc	mg	2.79			2.37	8.59	12.66
Copper	mg	0.924			0.785	2.846	4.191
Manganese	mg	0.075			0.064	0.231	0.340
VITAMINS:							
Ascorbic acid	mg	50.3			42.7	154.9	228.0
Thiamin	mg	0.048			0.041	0.148	0.218
Riboflavin	mg	0.300			0.254	0.924	1.356
Niacin	mg	5.567			4.732	17.146	25.252
Pantothenic acid	mg	--			--	--	--
Vitamin B ₆	mg	0.04			0.04	0.12	0.20
Folic acid	mcg	--			--	--	--
Vitamin B ₁₂	mcg	5.02			4.27	15.46	22.78
Vitamin A	{ RE	0			0	0	0
	{ IU	0			0	0	0
LIPIDS:							
Fatty acids:							
Saturated, total	g	--			--	--	--
4:0	g	--			--	--	--
6:0	g	--			--	--	--
8:0	g	--			--	--	--
10:0	g	--			--	--	--
12:0	g	--			--	--	--
14:0	g	--			--	--	--
16:0	g	--			--	--	--
18:0	g	--			--	--	--
Monounsaturated, total	g	--			--	--	--
16:1	g	--			--	--	--
18:1	g	--			--	--	--
20:1	g	--			--	--	--
22:1	g	--			--	--	--
Polyunsaturated, total	g	--			--	--	--
18:2	g	--			--	--	--
18:3	g	--			--	--	--
18:4	g	--			--	--	--
20:4	g	--			--	--	--
20:5	g	--			--	--	--
22:5	g	--			--	--	--
22:6	g	--			--	--	--
Cholesterol	mg	347			295	1069	1,573
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.261			0.222	0.804	1.184
Threonine	g	0.988			0.840	3.043	4.482
Isoleucine	g	0.968			0.823	2.981	4.391
Leucine	g	2.217			1.884	6.828	10.056
Lysine	g	1.815			1.543	5.590	8.233
Methionine	g	0.462			0.393	1.423	2.096
Cystine	g	0.727			0.618	2.239	3.298
Phenylalanine	g	1.008			0.857	3.105	4.572
Tyrosine	g	0.715			0.608	2.202	3.243
Valine	g	1.510			1.284	4.651	6.849
Arginine	g	1.454			1.236	4.478	6.595
Histidine	g	0.900			0.765	2.772	4.082
Alanine	g	1.944			1.652	5.988	8.818
Aspartic acid	g	1.771			1.505	5.452	8.033
Glutamic acid	g	2.293			1.949	7.062	10.401
Glycine	g	1.518			1.290	4.675	6.886
Proline	g	1.518			1.290	4.675	6.886
Serine	g	0.867			0.737	2.670	3.933

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 oz = 28.35 g	4 oz = 113 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	4.00	1	1.13	4.52	18.14
Food energy	{ kcal kJ	854 3,574		242 1,013	965 4,039	3,875 16,213
Protein (N X 6.25)	g	1.50	1	0.43	1.70	6.80
Total lipid (fat)	g	94.00	1	26.65	106.22	426.38
Carbohydrate, total	g	0.00		0.00	0.00	0.00
Crude fiber	g	0.00		0.00	0.00	0.00
Ash	g	0.10	1	0.03	0.11	0.45
MINERALS:						
Calcium	mg	--		--	--	--
Iron	mg	--		--	--	--
Magnesium	mg	--		--	--	--
Phosphorus	mg	--		--	--	--
Potassium	mg	16	7	5	18	73
Sodium	mg	--		--	--	--
Zinc	mg	--		--	--	--
Copper	mg	--		--	--	--
Manganese	mg	--		--	--	--
VITAMINS:						
Ascorbic acid	mg	--		--	--	--
Thiamin	mg	--		--	--	--
Riboflavin	mg	--		--	--	--
Niacin	mg	--		--	--	--
Pantothenic acid	mg	--		--	--	--
Vitamin B ₆	mg	--		--	--	--
Folacin	mcg	--		--	--	--
Vitamin B ₁₂	mcg	--		--	--	--
Vitamin A	{ RE IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	52.30		14.83	59.10	237.22
4:0	g					
6:0	g					
8:0	g					
10:0	g	--		--	--	--
12:0	g	0.07	2	0.02	0.08	0.32
14:0	g	2.80	36	0.79	3.17	12.71
16:0	g	22.57	42	6.40	25.50	102.37
18:0	g	24.68	42	7.00	27.89	111.95
Monounsaturated, total	g	31.52		8.94	35.62	142.99
16:1	g	2.18	36	0.62	2.46	9.87
18:1	g	28.86	42	8.18	32.61	130.92
20:1	g	--		--	--	--
22:1	g	--		--	--	--
Polyunsaturated, total	g	3.17		0.90	3.59	14.39
18:2	g	2.15	40	0.61	2.43	9.74
18:3	g	0.86	31	0.24	0.97	3.89
20:4	g	--		--	--	--
20:5	g	--		--	--	--
22:5	g	--		--	--	--
22:6	g	--		--	--	--
Cholesterol	mg	68	5	19	77	308
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g	--		--	--	--
Threonine	g	0.041		0.012	0.046	0.186
Isoleucine	g	0.029		0.008	0.033	0.132
Leucine	g	0.084		0.024	0.095	0.381
Lysine	g	0.073		0.021	0.082	0.331
Methionine	g	0.019		0.005	0.021	0.086
Cystine	g	--		--	--	--
Phenylalanine	g	0.051		0.014	0.058	0.231
Tyrosine	g	0.030		0.009	0.034	0.136
Valine	g	0.054		0.015	0.061	0.245
Arginine	g	0.095		0.027	0.107	0.431
Histidine	g	0.021		0.006	0.024	0.095
Alanine	g	0.137		0.039	0.155	0.621
Aspartic acid	g	0.105		0.030	0.119	0.476
Glutamic acid	g	0.195		0.055	0.220	0.885
Glycine	g	0.252		0.071	0.285	1.143
Proline	g	--		--	--	--
Serine	g	0.059		0.017	0.067	0.268

BEEF TALLOW

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				1 tbsp	1 c	
				= 12.8 g	= 205 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g . . .	0.00		0.00	0.00	0.00
Food energy	{ kcal . . . kJ . . .	902 3,774		115 483	1,849 7,737	4,091 17,119
Protein (N X6 X.25)	g . . .	0.00		0.00	0.00	0.00
Total lipid (fat)	g . . .	100.00		12.80	205.00	453.60
Carbohydrate, total	g . . .	0.00		0.00	0.00	0.00
Crude fiber	g . . .	0.00		0.00	0.00	0.00
Ash	g . . .	0.00		0.00	0.00	0.00
MINERALS:						
Calcium	mg . . .	--		--	--	--
Iron	mg . . .	--		--	--	--
Magnesium	mg . . .	--		--	--	--
Phosphorus	mg . . .	--		--	--	--
Potassium	mg . . .	0	1	0	0	0
Sodium	mg . . .	0	1	0	0	0
Zinc	mg . . .	--		--	--	--
Copper	mg . . .	--		--	--	--
Manganese	mg . . .	--		--	--	--
VITAMINS:						
Ascorbic acid	mg . . .	--		--	--	--
Thiamin	mg . . .	--		--	--	--
Riboflavin	mg . . .	--		--	--	--
Niacin	mg . . .	--		--	--	--
Pantothenic acid.	mg . . .	--		--	--	--
Vitamin B ₆	mg . . .	--		--	--	--
Folacin	mcg . . .	--		--	--	--
Vitamin B ₁₂	mcg . . .	--		--	--	--
Vitamin A	{ RE . . . IU . . .	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	49.80		6.37	102.09	225.89
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .	--		--	--	--
12:0	g . . .	0.90	0.500	0.12	1.85	4.08
14:0	g . . .	3.70	0.400	0.47	7.59	16.78
16:0	g . . .	24.90	0.800	3.19	51.05	112.95
18:0	g . . .	18.90	0.900	2.42	38.75	85.73
Monounsaturated, total	g . . .	41.80		5.35	85.69	189.60
16:1	g . . .	4.20	0.600	0.54	8.61	19.05
18:1	g . . .	36.00	1.300	4.61	73.80	163.30
20:1	g . . .	0.30	0.100	0.04	0.62	1.36
22:1	g . . .					
Polyunsaturated, total	g . . .	4.00		0.51	8.20	18.14
18:2	g . . .	3.10	0.500	0.40	6.36	14.06
18:3	g . . .	0.60	0.200	0.08	1.23	2.72
18:4	g . . .					
20:4	g . . .	--		--	--	--
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .	109		14	223	494
Phytosterols	mg . . .					
AMINO ACIDS:						
Tryptophan	g . . .	0.000		0.000	0.000	0.000
Threonine	g . . .	0.000		0.000	0.000	0.000
Isoleucine	g . . .	0.000		0.000	0.000	0.000
Leucine	g . . .	0.000		0.000	0.000	0.000
Lysine	g . . .	0.000		0.000	0.000	0.000
Methionine	g . . .	0.000		0.000	0.000	0.000
Cystine	g . . .	0.000		0.000	0.000	0.000
Phenylalanine	g . . .	0.000		0.000	0.000	0.000
Tyrosine	g . . .	0.000		0.000	0.000	0.000
Valine	g . . .	0.000		0.000	0.000	0.000
Arginine	g . . .	0.000		0.000	0.000	0.000
Histidine	g . . .	0.000		0.000	0.000	0.000
Alanine	g . . .	0.000		0.000	0.000	0.000
Aspartic acid	g . . .	0.000		0.000	0.000	0.000
Glutamic acid.	g . . .	0.000		0.000	0.000	0.000
Glycine	g . . .	0.000		0.000	0.000	0.000
Proline	g . . .	0.000		0.000	0.000	0.000
Serine	g . . .	0.000		0.000	0.000	0.000

AH-8-13 (1985)
NDB No. 13337

BEEF, THYMUS, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
					3 oz = 85 g	1 lb raw AP yields 381 g EP	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	52.83	3.015	4	44.90	201.26	239.61
Food energy	{ kcal kJ	319 1,333			271 1,133	1,214 5,078	1,445 6,046
Protein (N X6.25)	g	21.85	1.436	4	18.57	83.25	99.11
Total lipid (fat)	g	24.98	7.172	4	21.23	95.15	113.29
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.53	0.085	4	1.30	5.81	6.92
MINERALS:							
Calcium	mg	--			--	--	--
Iron	mg	1.49			1.27	5.69	6.77
Magnesium	mg	--			--	--	--
Phosphorus	mg	364		1	309	1,387	1,651
Potassium	mg	433		1	368	1,650	1,964
Sodium	mg	116		1	99	442	526
Zinc	mg	--			--	--	--
Copper	mg	--			--	--	--
Manganese	mg	--			--	--	--
VITAMINS:							
Ascorbic acid	mg	30.2			25.7	115.1	137.0
Thiamin	mg	--			--	--	--
Riboflavin	mg	--			--	--	--
Niacin	mg	--			--	--	--
Pantothenic acid	mg	--			--	--	--
Vitamin B6	mg	--			--	--	--
Folacin	mcg	--			--	--	--
Vitamin B12	mcg	1.51			1.29	5.77	6.87
Vitamin A	{ RE IU	0 0			0 0	0 0	0 0
LIPIDS:							
Fatty acids:							
Saturated, total	g	--			--	--	--
4:0	g	--			--	--	--
6:0	g	--			--	--	--
8:0	g	--			--	--	--
10:0	g	--			--	--	--
12:0	g	--			--	--	--
14:0	g	--			--	--	--
16:0	g	--			--	--	--
18:0	g	--			--	--	--
Monounsaturated, total	g	--			--	--	--
16:1	g	--			--	--	--
18:1	g	--			--	--	--
20:1	g	--			--	--	--
22:1	g	--			--	--	--
Polyunsaturated, total	g	--			--	--	--
18:2	g	--			--	--	--
18:3	g	--			--	--	--
18:4	g	--			--	--	--
20:4	g	--			--	--	--
20:5	g	--			--	--	--
22:5	g	--			--	--	--
22:6	g	--			--	--	--
Cholesterol	mg	294			250	1,119	1,332
Phytosterols	mg	--			--	--	--
AMINO ACIDS:							
Tryptophan	g	0.168			0.143	0.640	0.762
Threonine	g	0.790			0.672	3.010	3.583
Isoleucine	g	0.745			0.633	2.838	3.379
Leucine	g	1.458			1.239	5.555	6.613
Lysine	g	1.818			1.545	6.927	8.246
Methionine	g	0.304			0.258	1.158	1.379
Cystine	g	--			--	--	--
Phenylalanine	g	0.626			0.532	2.385	2.840
Tyrosine	g	--			--	--	--
Valine	g	0.947			0.805	3.608	4.296
Arginine	g	1.440			1.224	5.486	6.532
Histidine	g	0.385			0.327	1.467	1.746
Alanine	g	--			--	--	--
Aspartic acid	g	--			--	--	--
Glutamic acid	g	--			--	--	--
Glycine	g	--			--	--	--
Proline	g	--			--	--	--
Serine	g	--			--	--	--

AH-8-13 (1985)
NDB No. 13339

AH-8-13 (1985)
NDB No. 13340

BEEF, TRIPE, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
					1 oz = 28.35 g	4 oz = 113 g	
A		B	C	D	E	F	G
PROXIMATE:							
Water	g	81.43	1.674	6	23.09	92.02	369.38
Food energy	{ kcal kJ	98 409			28 116	111 462	444 1,856
Protein (N X6.25)	g	14.56	1.064	11	4.13	16.46	66.06
Total lipid (fat)	g	3.95	1.201	6	1.12	4.46	17.92
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.38	0.025	4	0.11	0.42	1.70
MINERALS:							
Calcium	mg	--			--	--	--
Iron	mg	1.95	0.754	4	0.55	2.20	8.85
Magnesium	mg	8			2	9	36
Phosphorus	mg	79		1	22	89	358
Potassium	mg	270		1	77	305	1,225
Sodium	mg	46			13	52	209
Zinc	mg	2.47	0.144	10	0.70	2.79	11.20
Copper	mg	0.090			0.026	0.102	0.408
Manganese	mg	--			--	--	--
VITAMINS:							
Ascorbic acid	mg	3.4	0.402	5	1.0	3.8	15.4
Thiamin	mg	0.007	0.003	6	0.002	0.008	0.032
Riboflavin	mg	0.167	0.067	3	0.047	0.189	0.758
Niacin	mg	0.060			0.017	0.068	0.272
Pantothenic acid	mg	--			--	--	--
Vitamin B ₆	mg	--			--	--	--
Folacin	mcg	2			1	2	9
Vitamin B ₁₂	mcg	1.54		1	0.44	1.74	6.99
Vitamin A	{ RE IU	0 0		1	0 0	0 0	0 0
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.03			0.58	2.30	9.23
4:0	g						
6:0	g						
8:0	g						
10:0	g	--			--	--	--
12:0	g	--			--	--	--
14:0	g	0.10			0.03	0.11	0.44
16:0	g	0.81			0.23	0.91	3.67
18:0	g	1.05			0.30	1.19	4.78
Monounsaturated, total	g	1.31			0.37	1.48	5.95
16:1	g	0.08			0.02	0.09	0.34
18:1	g	1.15			0.33	1.30	5.22
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.07			0.02	0.08	0.33
18:2	g	0.05			0.01	0.06	0.24
18:3	g	0.02			0.01	0.02	0.10
18:4	g						
20:4	g	--			--	--	--
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95		1	27	107	431
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.114		5	0.032	0.129	0.517
Threonine	g	0.503		7	0.143	0.568	2.282
Isoleucine	g	0.589		6	0.167	0.666	2.672
Leucine	g	0.948		6	0.269	1.071	4.300
Lysine	g	1.044		7	0.296	1.180	4.736
Methionine	g	0.315		9	0.089	0.356	1.429
Cystine	g	0.168		4	0.048	0.190	0.762
Phenylalanine	g	0.471		8	0.134	0.532	2.136
Tyrosine	g	0.396		7	0.112	0.447	1.796
Valine	g	0.613		6	0.174	0.693	2.781
Arginine	g	0.995		6	0.282	1.124	4.513
Histidine	g	0.363		5	0.103	0.410	1.647
Alanine	g	0.925		3	0.262	1.045	4.196
Aspartic acid	g	1.128		3	0.320	1.275	5.117
Glutamic acid	g	1.946		3	0.552	2.199	8.827
Glycine	g	1.191		3	0.338	1.346	5.402
Proline	g	1.160		4	0.329	1.311	5.262
Serine	g	0.669		3	0.190	0.756	3.035

BEEF, CURED, BEERWURST, BEER SALAMI

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 slice = 23 g ¹	1 slice = 6 g ²	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water g	52.90	0.605	7	12.17	3.17	239.95
Food energy { kcal	329			76	20	1,493
	1,377			317	83	6,248
Protein (N X 6.25) g	12.40	0.378	7	2.85	0.74	56.25
Total lipid (fat) g	29.90	1.021	7	6.88	1.79	135.63
Carbohydrate, total g	1.70			0.39	0.10	7.71
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	3.10	0.151	7	0.71	0.19	14.06
MINERALS:						
Calcium mg	9	0.378	7	2	1	41
Iron mg	1.51	0.102	7	0.35	0.09	6.85
Magnesium mg	12	0.302	7	3	1	53
Phosphorus mg	97	3.402	7	22	6	440
Potassium mg	174	4.158	7	40	10	789
Sodium mg	1,028	51.403	7	236	62	4,663
Zinc mg	2.44	0.117	7	0.56	0.15	11.07
Copper mg	0.040	0.004	7	0.009	0.002	0.181
Manganese mg	--			--	--	--
VITAMINS:						
Ascorbic acid mg	16.0	2.646	7	3.7	1.0	72.6
Thiamin mg	0.070	0.019	7	0.016	0.004	0.318
Riboflavin mg	0.120	0.011	7	0.028	0.007	0.544
Niacin mg	3.390	0.336	7	0.780	0.203	15.377
Pantothenic acid mg	0.330		1	0.076	0.020	1.497
Vitamin B ₆ mg	0.17	0.019	7	0.04	0.01	0.77
Folic acid mcg	3			1	0	14
Vitamin B ₁₂ mcg	1.97	0.121	7	0.45	0.12	8.94
Vitamin A { IU	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	13.04			3.00	0.78	59.15
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.04	0.011	7	0.01	0.00	0.17
12:0 g	0.03	0.008	7	0.01	0.00	0.13
14:0 g	1.01	0.077	7	0.23	0.06	4.57
16:0 g	7.35	0.276	7	1.69	0.44	33.32
18:0 g	4.05	0.291	7	0.93	0.24	18.38
Monounsaturated, total g	14.03			3.23	0.84	63.65
16:1 g	2.32	0.214	7	0.53	0.14	10.53
18:1 g	11.71	0.528	7	2.69	0.70	53.12
20:1 g	--			--	--	--
22:1 g						
Polyunsaturated, total g	1.09			0.25	0.07	4.96
18:2 g	0.81	0.113	7	0.19	0.05	3.67
18:3 g	0.29	0.058	7	0.07	0.02	1.29
18:4 g						
20:4 g	--			--	--	--
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	61	4.158	7	14	4	277
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.113			0.026	0.007	0.513
Threonine g	0.468			0.108	0.028	2.123
Isoleucine g	0.536			0.123	0.032	2.431
Leucine g	0.911			0.210	0.055	4.132
Lysine g	0.950			0.219	0.057	4.309
Methionine g	0.288			0.066	0.017	1.306
Cystine g	0.159			0.037	0.010	0.721
Phenylalanine g	0.446			0.103	0.027	2.023
Tyrosine g	0.405			0.093	0.024	1.837
Valine g	0.546			0.126	0.033	2.477
Arginine g	0.766			0.176	0.046	3.475
Histidine g	0.395			0.091	0.024	1.792
Alanine g	0.893			0.205	0.054	4.051
Aspartic acid g	1.214			0.279	0.073	5.507
Glutamic acid g	2.020			0.465	0.121	9.163
Glycine g	1.036			0.238	0.062	4.699
Proline g	0.893			0.205	0.054	4.051
Serine g	0.500			0.115	0.030	2.268

¹Weight applies to slice, which is 4 in diam., 1/8 in thick.²Weight applies to slice, which is 2-3/4 in diam., 1/16 in thick.³Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 slice or 1 oz = 28.35 g ¹	1 slice = 23 g ²	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 55.33	0.267	67	15.68	12.72	250.95
Food energy	{ kcal 312			88	72	1,416
	{ kJ 1,306			370	300	5,923
Protein (N X 6.25)	g 12.24	0.161	68	3.47	2.81	55.51
Total lipid (fat)	g 28.49	0.298	31	8.08	6.55	129.25
Carbohydrate, total	g 0.77			0.22	0.18	3.50
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 3.17	0.028	15	0.90	0.73	14.39
MINERALS:						
Calcium	mg 12		7	3	3	54
Iron	mg 1.66	0.088	30	0.47	0.38	7.53
Magnesium	mg 12	0.603	15	3	3	53
Phosphorus	mg 88	7.705	15	25	20	398
Potassium	mg 157	9.398	15	45	36	714
Sodium	mg 981	19.273	33	278	226	4,450
Zinc	mg 2.16	0.116	15	0.61	0.50	9.78
Copper	mg 0.030	0.009	5	0.010	0.010	0.140
Manganese	mg 0.028	0.003	2	0.008	0.006	0.127
VITAMINS:						
Ascorbic acid ³	mg 21.3	1.171	30	6.0	4.9	96.8
Thiamin	mg 0.050	0.002	21	0.014	0.012	0.227
Riboflavin	mg 0.109	0.004	30	0.031	0.025	0.494
Niacin	mg 2.407	0.046	30	0.682	0.554	10.918
Pantothenic acid	mg 0.280		1	0.079	0.064	1.270
Vitamin B ₆	mg 0.15	0.005	32	0.04	0.03	0.68
Folacin	mcg 5			1	1	23
Vitamin B ₁₂	mcg 1.42	0.062	32	0.40	0.33	6.44
Vitamin A	{ RE --			--	--	--
	{ IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 12.07			3.42	2.78	54.73
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.08	0.021	15	0.02	0.02	0.36
12:0	g 0.04	0.011	15	0.01	0.01	0.20
14:0	g 0.87	0.017	15	0.25	0.20	3.96
16:0	g 6.64	0.066	15	1.88	1.53	30.11
18:0	g 4.05	0.066	15	1.15	0.93	18.35
Monounsaturated, total	g 13.80			3.91	3.17	62.59
16:1	g 1.64	0.051	15	0.47	0.38	7.45
18:1	g 12.16	0.101	15	3.45	2.80	55.14
20:1	g --			--	--	--
22:1	g					
Polyunsaturated, total	g 1.09			0.31	0.25	4.94
18:2	g 0.85	0.078	15	0.24	0.19	3.84
18:3	g 0.24	0.025	15	0.07	0.06	1.11
18:4	g					
20:4	g --			--	--	--
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 58	1.868	15	16	13	263
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.112			0.032	0.026	0.508
Threonine	g 0.462			0.131	0.106	2.096
Isoleucine	g 0.529			0.150	0.122	2.400
Leucine	g 0.899			0.255	0.207	4.078
Lysine	g 0.938			0.266	0.216	4.255
Methionine	g 0.284			0.081	0.065	1.288
Cystine	g 0.157			0.045	0.036	0.712
Phenylalanine	g 0.441			0.125	0.101	2.000
Tyrosine	g 0.399			0.113	0.092	1.810
Valine	g 0.538			0.153	0.124	2.440
Arginine	g 0.756			0.214	0.174	3.429
Histidine	g 0.390			0.111	0.090	1.769
Alanine	g 0.881			0.250	0.203	3.996
Aspartic acid	g 1.198			0.340	0.276	5.434
Glutamic acid	g 1.993			0.565	0.458	9.040
Glycine	g 1.022			0.290	0.235	4.636
Proline	g 0.881			0.250	0.203	3.996
Serine	g 0.493			0.140	0.113	2.236

¹Weight applies to slice, which is 4-1/2 in diam., 1/8 in thick; 6 per 6-oz or 8 per 8-oz pkg.

²Weight applies to slice, which is 4 in diam., 1/8 in thick; 8 per 6-oz or 10 per 8-oz pkg.

³Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BEEF, CURED, BREAKFAST STRIPS, Raw or unheated

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 pkg, net wt, 12 oz = 340 g	3 slices = 68 g ¹		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	45.20	0.405	22	153.68	30.74	205.03
Food energy	{ kcal	406			1,381	276	1,842
	{ kJ	1,699			5,776	1,155	7,706
Protein (N X 6.25)	g	12.50	0.107	22	42.50	8.50	56.70
Total lipid (fat)	g	38.80	0.362	22	131.92	26.38	176.00
Carbohydrate, total	g	0.70			2.38	0.48	3.18
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.80	0.021	22	9.52	1.90	12.70
MINERALS:							
Calcium	mg	--			--	--	--
Iron	mg	1.23	0.055	22	4.18	0.84	5.58
Magnesium	mg	11	0.256	22	37	7	50
Phosphorus	mg	100	2.558	22	340	68	454
Potassium	mg	153	6.822	22	520	104	694
Sodium	mg	955	14.284	22	3,247	649	4,332
Zinc	mg	2.39	0.066	22	8.13	1.63	10.84
Copper	mg	--			--	--	--
Manganese	mg	--			--	--	--
VITAMINS:							
Ascorbic acid ²	mg	24.0	1.066	22	81.6	16.3	108.9
Thiamin	mg	0.060	0.002	22	0.204	0.041	0.272
Riboflavin	mg	0.120	0.004	22	0.408	0.082	0.544
Niacin	mg	2.970	0.158	22	10.098	2.020	13.472
Pantothenic acid	mg	--			--	--	--
Vitamin B ₆	mg	0.17	0.006	22	0.58	0.12	0.77
Folic acid	mcg						
Vitamin B ₁₂	mcg	1.64	0.075	22	5.58	1.12	7.44
Vitamin A	{ RE	--			--	--	--
	{ IU	--			--	--	--
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.95			54.23	10.85	72.34
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.16	0.024	22	0.54	0.11	0.72
12:0	g	0.11	0.016	22	0.38	0.08	0.50
14:0	g	1.31	0.040	22	4.45	0.89	5.94
16:0	g	8.48	0.136	22	28.84	5.77	38.47
18:0	g	5.03	0.116	22	17.12	3.42	22.83
Monounsaturated, total	g	18.68			63.52	12.70	84.74
16:1	g	2.47	0.053	22	8.40	1.68	11.21
18:1	g	16.21	0.197	22	55.12	11.02	73.53
20:1	g	--			--	--	--
22:1	g						
Polyunsaturated, total	g	2.19			7.45	1.49	9.94
18:2	g	1.67	0.146	22	5.68	1.14	7.58
18:3	g	0.52	0.055	22	1.77	0.35	2.36
18:4	g						
20:4	g	--			--	--	--
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82	2.558	22	279	56	372
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.114			0.388	0.078	0.517
Threonine	g	0.472			1.605	0.321	2.141
Isoleucine	g	0.540			1.836	0.367	2.449
Leucine	g	0.918			3.121	0.624	4.164
Lysine	g	0.958			3.257	0.651	4.345
Methionine	g	0.290			0.986	0.197	1.315
Cystine	g	0.160			0.544	0.109	0.726
Phenylalanine	g	0.450			1.530	0.306	2.041
Tyrosine	g	0.408			1.387	0.277	1.851
Valine	g	0.550			1.870	0.374	2.495
Arginine	g	0.772			2.625	0.525	3.502
Histidine	g	0.398			1.353	0.271	1.805
Alanine	g	0.900			3.060	0.612	4.082
Aspartic acid	g	1.224			4.162	0.832	5.552
Glutamic acid	g	2.036			6.922	1.384	9.235
Glycine	g	1.044			3.550	0.710	4.736
Proline	g	0.900			3.060	0.612	4.082
Serine	g	0.504			1.714	0.343	2.286

¹Weight applies to slices packaged 15 slices per 12-oz pkg.

²values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				3 slices = 34 g ¹	6 oz = 170 g ²	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 26.20	1.130	22	8.91	44.54	118.84
Food energy	{ kcal 449 kJ 1,880			153 639	764 3,196	2,038 8,528
Protein (N X6.25)	g 31.30	0.853	22	10.64	53.21	141.98
Total lipid (fat)	g 34.40	0.640	22	11.70	58.48	156.04
Carbohydrate, total	g 1.40			0.48	2.38	6.35
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 6.70	0.149	22	2.28	11.39	30.39
MINERALS:						
Calcium	mg --			--	--	--
Iron	mg 3.14	0.113	22	1.07	5.34	14.24
Magnesium	mg 27	0.831	22	9	45	120
Phosphorus	mg 236	7.249	22	80	401	1,070
Potassium	mg 412	13.432	22	140	700	1,869
Sodium	mg 2,253	43.919	22	766	3,830	10,220
Zinc	mg 6.37	0.203	22	2.17	10.83	28.89
Copper	mg --			--	--	--
Manganese	mg --			--	--	--
VITAMINS:						
Ascorbic acid ³	mg 36.0	2.772	22	12.2	61.2	163.3
Thiamin	mg 0.090	0.004	22	0.031	0.153	0.408
Riboflavin	mg 0.260	0.013	22	0.088	0.442	1.179
Niacin	mg 6.470	0.179	22	2.200	10.999	29.348
Pantothenic acid	mg --			--	--	--
Vitamin B ₆	mg 0.31	0.013	22	0.11	0.53	1.41
Folic acid	mcg --			--	--	--
Vitamin B ₁₂	mcg 3.45	0.171	22	1.17	5.87	15.65
Vitamin A	{ RE -- IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 14.35			4.88	24.40	65.10
4:0	g --			--	--	--
6:0	g --			--	--	--
8:0	g --			--	--	--
10:0	g 0.13	0.026	22	0.04	0.22	0.58
12:0	g 0.10	0.017	22	0.03	0.16	0.44
14:0	g 1.22	0.060	22	0.41	2.07	5.52
16:0	g 7.66	0.171	22	2.60	13.02	34.74
18:0	g 4.48	0.171	22	1.52	7.61	20.31
Monounsaturated, total	g 16.85			5.73	28.65	76.43
16:1	g 2.27	0.084	22	0.77	3.86	10.29
18:1	g 14.58	0.206	22	4.96	24.79	66.14
20:1	g --			--	--	--
22:1	g --			--	--	--
Polyunsaturated, total	g 1.58			0.54	2.69	7.17
18:2	g 1.25	0.105	22	0.42	2.12	5.66
18:3	g 0.33	0.041	22	0.11	0.57	1.51
18:4	g --			--	--	--
20:4	g --			--	--	--
20:5	g --			--	--	--
22:5	g --			--	--	--
22:6	g --			--	--	--
Cholesterol	mg 119	3.838	22	40	202	540
Phytosterols	mg --			--	--	--
AMINO ACIDS:						
Tryptophan	g 0.285			0.097	0.485	1.293
Threonine	g 1.182			0.402	2.009	5.362
Isoleucine	g 1.352			0.460	2.298	6.133
Leucine	g 2.299			0.782	3.908	10.428
Lysine	g 2.399			0.816	4.078	10.882
Methionine	g 0.726			0.247	1.234	3.293
Cystine	g 0.401			0.136	0.682	1.819
Phenylalanine	g 1.127			0.383	1.916	5.112
Tyrosine	g 1.022			0.347	1.737	4.636
Valine	g 1.377			0.468	2.341	6.246
Arginine	g 1.933			0.657	3.286	8.768
Histidine	g 0.997			0.339	1.695	4.522
Alanine	g 2.254			0.766	3.832	10.224
Aspartic acid	g 3.065			1.042	5.211	13.903
Glutamic acid	g 5.098			1.733	8.667	23.125
Glycine	g 2.614			0.889	4.444	11.857
Proline	g 2.254			0.766	3.832	10.224
Serine	g 1.262			0.429	2.145	5.724

¹Yield from 3 raw slices packaged 15 slices per 12-oz pkg.²Yield from 12 oz (340 g) raw product.³Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

¹Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of	
	Mean	Standard error	Number of samples	Approximate measure and weight		1 pound of food as purchased	
				3 oz = 85 g	1 lb raw AP yields 320 g EP		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g . . .	59.79	1.152	40	50.82	191.32	269.29
Food energy	{ kcal . . . kJ . . .	251 1,048			213 891	802 3,355	1,128 4,722
Protein (N X6.25)	g . . .	18.17	0.558	40	15.44	58.13	81.82
Total lipid (fat)	g . . .	18.98	2.622	13	16.13	60.73	85.47
Carbohydrate, total	g . . .	0.47			0.40	1.50	2.12
Crude fiber	g . . .	0.00			0.00	0.00	0.00
Ash	g . . .	2.60	0.179	5	2.21	8.32	11.71
MINERALS:							
Calcium	mg . . .	8			7	25	35
Iron	mg . . .	1.86	0.117	13	1.58	5.94	8.36
Magnesium	mg . . .	12	1.029	5	11	40	56
Phosphorus	mg . . .	125	3.813	13	106	400	563
Potassium	mg . . .	145	21.466	5	123	464	653
Sodium	mg . . .	1,134	49.810	13	964	3,628	5,104
Zinc	mg . . .	4.58	0.259	5	3.89	14.66	20.63
Copper	mg . . .	0.154			0.131	0.493	0.694
Manganese	mg . . .	0.022			0.019	0.070	0.099
VITAMINS:							
Ascorbic acid ¹	mg . . .	16.0	0.894	5	13.6	51.2	72.1
Thiamin	mg . . .	0.026	0.004	13	0.022	0.083	0.117
Riboflavin	mg . . .	0.170	0.007	13	0.145	0.544	0.766
Niacin	mg . . .	3.030	0.407	5	2.576	9.696	13.647
Pantothenic acid	mg . . .	0.420	0.013	5	0.357	1.344	1.892
Vitamin B ₆	mg . . .	0.23	0.009	5	0.20	0.74	1.04
Folic acid	mcg . . .	--			--	--	--
Vitamin B ₁₂	mcg . . .	1.63	0.188	5	1.39	5.22	7.34
Vitamin A	{ RE . . . IU . . .	-- --			-- --	-- --	-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	6.34			5.39	20.29	28.56
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .	0.04	0.013	5	0.03	0.11	0.16
12:0	g . . .	0.02	0.008	5	0.02	0.06	0.08
14:0	g . . .	0.50	0.102	5	0.43	1.61	2.26
16:0	g . . .	3.69	0.394	5	3.14	11.80	16.62
18:0	g . . .	1.74	0.358	5	1.48	5.57	7.84
Monounsaturated, total	g . . .	9.22			7.83	29.49	41.51
16:1	g . . .	1.44	0.177	5	1.23	4.61	6.49
18:1	g . . .	7.78	0.470	5	6.61	24.88	35.02
20:1	g . . .	--			--	--	--
22:1	g . . .						
Polyunsaturated, total	g . . .	0.67			0.57	2.15	3.02
18:2	g . . .	0.54	0.081	5	0.46	1.72	2.42
18:3	g . . .	0.13	0.016	5	0.11	0.43	0.60
20:4	g . . .	--			--	--	--
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	98	9.839	5	83	314	441
Phytosterols	mg . . .						
AMINO ACIDS:							
Tryptophan	g . . .	0.166			0.141	0.531	0.748
Threonine	g . . .	0.686			0.583	2.195	3.090
Isoleucine	g . . .	0.785			0.667	2.512	3.536
Leucine	g . . .	1.334			1.134	4.269	6.008
Lysine	g . . .	1.392			1.183	4.454	6.270
Methionine	g . . .	0.421			0.358	1.347	1.896
Cystine	g . . .	0.232			0.197	0.742	1.045
Phenylalanine	g . . .	0.654			0.556	2.093	2.946
Tyrosine	g . . .	0.593			0.504	1.898	2.671
Valine	g . . .	0.799			0.679	2.557	3.599
Arginine	g . . .	1.122			0.954	3.590	5.053
Histidine	g . . .	0.578			0.491	1.850	2.603
Alanine	g . . .	1.308			1.112	4.186	5.891
Aspartic acid	g . . .	1.778			1.511	5.690	8.008
Glutamic acid	g . . .	2.958			2.514	9.466	13.323
Glycine	g . . .	1.517			1.289	4.854	6.833
Proline	g . . .	1.308			1.112	4.186	5.891
Serine	g . . .	0.732			0.622	2.342	3.297

¹ Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BEEF, CURED, CORNED BEEF, Canned

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 oz	1 slice		
				= 28.35 g	= 21 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	57.72	0.262	70	16.36	12.12	261.80
Food energy	{ kcal kJ	250 1,047			71 297	53 220	1,136 4,751
Protein (N X6 . 25)	g	27.10	0.247	69	7.68	5.69	122.91
Total lipid (fat)	g	14.93	1.049	11	4.23	3.13	67.70
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.90	0.041	6	0.82	0.61	13.15
MINERALS:							
Calcium	mg	--			--	--	--
Iron	mg	2.08	0.181	29	0.59	0.44	9.42
Magnesium	mg	14	0.653	6	4	3	61
Phosphorus	mg	111	8.981	6	31	23	503
Potassium	mg	136	9.798	6	39	29	617
Sodium	mg	1,006	48.582	6	285	211	4,563
Zinc	mg	3.57	0.188	29	1.01	0.75	16.20
Copper	mg	0.064	0.004	23	0.018	0.013	0.290
Manganese	mg	0.014	0.002	23	0.004	0.003	0.064
VITAMINS:							
Ascorbic acid	mg	1.5	0.681	8	0.4	0.3	6.8
Thiamin	mg	0.020	0.006	11	0.006	0.004	0.091
Riboflavin	mg	0.147	0.010	8	0.042	0.031	0.667
Niacin	mg	2.430	0.127	6	0.689	0.510	11.022
Pantothenic acid	mg	--			--	--	--
Vitamin B ₆	mg	0.13	0.008	7	0.04	0.03	0.57
Folic acid	mcg	--			--	--	--
Vitamin B ₁₂	mcg	1.62	0.102	6	0.46	0.34	7.35
Vitamin A	{ RE IU	0 0			0 0	0 0	0 0
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.18			1.75	1.30	28.01
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10	0.029	6	0.03	0.02	0.47
12:0	g	0.07	0.017	6	0.02	0.01	0.30
14:0	g	0.42	0.025	8	0.12	0.09	1.91
16:0	g	3.04	0.139	8	0.86	0.64	13.78
18:0	g	2.29	0.116	8	0.65	0.48	10.40
Monounsaturated, total	g	5.96			1.69	1.25	27.03
16:1	g	0.80	0.085	8	0.23	0.17	3.61
18:1	g	5.00	0.276	8	1.42	1.05	22.69
20:1	g	--			--	--	--
22:1	g						
Polyunsaturated, total	g	0.63			0.18	0.13	2.85
18:2	g	0.42	0.071	8	0.12	0.09	1.90
18:3	g	0.21	0.030	8	0.06	0.04	0.95
18:4	g						
20:4	g	--			--	--	--
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86	3.497	8	24	18	390
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	0.247			0.070	0.052	1.120
Threonine	g	1.023			0.290	0.215	4.640
Isoleucine	g	1.170			0.332	0.246	5.307
Leucine	g	1.990			0.564	0.418	9.027
Lysine	g	2.076			0.589	0.436	9.417
Methionine	g	0.629			0.178	0.132	2.853
Cystine	g	0.347			0.098	0.073	1.574
Phenylalanine	g	0.975			0.276	0.205	4.423
Tyrosine	g	0.884			0.251	0.186	4.010
Valine	g	1.192			0.338	0.250	5.407
Arginine	g	1.673			0.474	0.351	7.589
Histidine	g	0.863			0.245	0.181	3.915
Alanine	g	1.951			0.553	0.410	8.850
Aspartic acid	g	2.653			0.752	0.557	12.034
Glutamic acid	g	4.413			1.251	0.927	20.017
Glycine	g	2.263			0.642	0.475	10.265
Proline	g	1.951			0.553	0.410	8.850
Serine	g	1.092			0.310	0.229	4.953

AH-8-13 (1985)
NDB No. 13349

AH-8-13 (1985)
NDB No. 13350

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 frankfurter = 45 g ¹	1 frankfurter = 57 g ²	
A	B	C	D	E	F	G
PROXIMATE:						
Water g	54.71	0.113	598	24.62	31.18	248.16
Food energy { kcal	315			142	180	1,431
	1,320			594	752	5,987
Protein (N X6.25) g	12.03	0.048	611	5.41	6.86	54.56
Total lipid (fat) g	28.54	0.084	529	12.84	16.27	129.46
Carbohydrate, total g	1.81			0.81	1.03	8.21
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	2.91	0.012	298	1.31	1.66	13.21
MINERALS:						
Calcium mg	20	5.233	39	9	11	91
Iron mg	1.43	0.022	317	0.64	0.81	6.48
Magnesium mg	3	0.184	297	2	2	16
Phosphorus mg	87	0.549	271	39	50	395
Potassium mg	166	2.537	297	75	94	751
Sodium mg	1,026	5.905	325	462	585	4,655
Zinc mg	2.17	0.015	297	0.98	1.24	9.85
Copper mg	0.060	0.005	114	0.030	0.030	0.270
Manganese mg	0.033	0.001	59	0.015	0.019	0.015
VITAMINS:						
Ascorbic acid ³ mg	24.1	0.305	291	10.8	13.7	109.1
Thiamin mg	0.051	0.000	294	0.023	0.029	0.231
Riboflavin mg	0.102	0.001	296	0.046	0.058	0.463
Niacin mg	2.415	0.019	294	1.087	1.377	10.954
Pantothenic acid. mg	0.290	0.085	4	0.131	0.165	1.315
Vitamin B ₆ mg	0.12	0.005	293	0.05	0.07	0.53
Folacin mcg	4			2	2	18
Vitamin B ₁₂ mcg	1.54	0.022	294	0.69	0.87	6.96
Vitamin A { RE	--			--	--	--
	IU	--		--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g	12.05			5.42	6.87	54.67
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.08	0.003	271	0.04	0.05	0.38
12:0 g	0.06	0.002	271	0.02	0.03	0.25
14:0 g	0.94	0.012	271	0.42	0.54	4.28
16:0 g	6.52	0.028	271	2.93	3.72	29.57
18:0 g	3.96	0.019	271	1.78	2.26	17.96
Monounsaturated, total g	13.62			6.13	7.76	61.79
16:1 g	1.63	0.026	271	0.73	0.93	7.40
18:1 g	11.99	0.037	271	5.40	6.83	54.39
20:1 g	--			--	--	--
22:1 g						
Polyunsaturated, total g	1.38			0.62	0.79	6.26
18:2 g	1.11	0.038	271	0.50	0.63	5.04
18:3 g	0.27	0.013	271	0.12	0.15	1.22
20:4 g	--			--	--	--
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	61	0.543	271	27	35	277
Phytosterols mg						
AMINO ACIDS:						
Tryptophan g	0.110			0.050	0.063	0.499
Threonine g	0.454			0.204	0.259	2.059
Isoleucine g	0.520			0.234	0.296	2.359
Leucine g	0.884			0.398	0.504	4.010
Lysine g	0.922			0.415	0.526	4.182
Methionine g	0.279			0.126	0.159	1.266
Cystine g	0.154			0.069	0.088	0.699
Phenylalanine g	0.433			0.195	0.247	1.964
Tyrosine g	0.393			0.177	0.224	1.783
Valine g	0.529			0.238	0.302	2.400
Arginine g	0.743			0.334	0.424	3.370
Histidine g	0.383			0.172	0.218	1.737
Alanine g	0.866			0.390	0.494	3.928
Aspartic acid g	1.178			0.530	0.671	5.343
Glutamic acid g	1.960			0.882	1.117	8.891
Glycine g	1.005			0.452	0.573	4.559
Proline g	0.866			0.390	0.494	3.928
Serine g	0.485			0.218	0.276	2.200

¹Weight applies to frankfurter, which is 5 in long, 3/4 in diam.; 10 per 1-lb pkg.

²Weight applies to frankfurter, which is 5 in long, 7/8 in diam.; 8 per 1-lb pkg.

³Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight 1 oz = 28.35 g	1 slice = 23 g ¹	Refuse:0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 60.80	0.812	12	17.24	13.98	275.79
Food energy	{ kcal 212 kJ 887			60 251	49 204	961 4,022
Protein (N X6.25)	g 19.33	0.448	12	5.48	4.45	87.69
Total lipid (fat)	g 13.20	0.814	12	3.74	3.04	59.88
Carbohydrate, total	g 2.67			0.76	0.61	12.10
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 4.00	0.038	7	1.13	0.92	18.14
MINERALS:						
Calcium	mg 13	0.288	4	4	3	57
Iron	mg 2.47	0.185	9	0.70	0.57	11.19
Magnesium	mg 16	0.643	7	5	4	74
Phosphorus	mg 150	5.669	7	43	35	680
Potassium	mg 300	7.181	7	85	69	1,361
Sodium	mg 1,338	56.015	12	379	308	6,069
Zinc	mg 3.98	0.197	7	1.13	0.92	18.05
Copper	mg 0.090	0.006	4	0.020	0.020	0.390
Manganese	mg 0.057	0.005	4	0.016	0.013	0.259
VITAMINS:						
Ascorbic acid ²	mg 22.0	4.762	9	6.2	5.1	99.6
Thiamin	mg 0.062	0.010	8	0.018	0.014	0.281
Riboflavin	mg 0.188	0.008	9	0.053	0.043	0.853
Niacin	mg 4.362	0.140	9	1.237	1.003	19.786
Pantothenic acid	mg 0.530	0.004	7	0.150	0.122	2.404
Vitamin B ₆	mg 0.24	0.020	9	0.07	0.06	1.09
Folacin	mcg 3	0.564	3	1	1	13
Vitamin B ₁₂	mcg 2.55	0.196	9	0.72	0.59	11.56
Vitamin A	{ RE -- IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 5.84			1.66	1.34	26.50
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.03	0.014	7	0.01	0.01	0.15
12:0	g 0.04	0.010	7	0.01	0.01	0.19
14:0	g 0.38	0.021	7	0.11	0.09	1.73
16:0	g 3.09	0.079	7	0.88	0.71	14.00
18:0	g 2.09	0.090	7	0.59	0.48	9.46
Monounsaturated, total	g 5.94			1.69	1.37	26.96
16:1	g 0.89	0.079	7	0.25	0.20	4.04
18:1	g 5.05	0.211	7	1.43	1.16	22.92
20:1	g --			--	--	--
22:1	g					
Polyunsaturated, total	g 0.61			0.17	0.14	2.77
18:2	g 0.46	0.062	7	0.13	0.11	2.08
18:3	g 0.15	0.066	7	0.04	0.03	0.69
20:4	g					
20:5	g --			--	--	--
22:5	g					
22:6	g					
Cholesterol	mg 70	2.268	7	20	16	318
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.158			0.045	0.036	0.717
Threonine	g 0.810			0.230	0.186	3.674
Isoleucine	g 0.792			0.225	0.182	3.593
Leucine	g 1.444			0.409	0.332	6.550
Lysine	g 1.577			0.447	0.363	7.153
Methionine	g 0.467			0.132	0.107	2.118
Cystine	g 0.229			0.065	0.053	1.039
Phenylalanine	g 0.724			0.205	0.167	3.284
Tyrosine	g 0.585			0.166	0.135	2.654
Valine	g 0.888			0.252	0.204	4.028
Arginine	g 1.305			0.370	0.300	5.919
Histidine	g 0.560			0.159	0.129	2.540
Alanine	g 1.277			0.362	0.294	5.792
Aspartic acid	g 1.717			0.487	0.395	7.788
Glutamic acid	g 2.787			0.790	0.641	12.642
Glycine	g 1.435			0.407	0.330	6.509
Proline	g 1.052			0.298	0.242	4.772
Serine	g 0.789			0.224	0.181	3.579

¹Weight applies to slice, which is 4 in diam., 1/8 in thick; 10 per 8-oz pkg.

²Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 oz	2 slices		
				= 28.35 g ¹	= 56.7 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	74.60	0.302	15	21.15	42.30	338.39
Food energy	<div><div>kcal</div><div>kJ</div></div>	<div>111</div> <div>464</div>			<div>31</div> <div>132</div>	<div>63</div> <div>263</div>	<div>503</div> <div>2,105</div>
Protein (N X6.25)	g	19.00	0.235	15	5.39	10.77	86.18
Total lipid (fat)	g	3.30	0.168	15	0.94	1.87	14.97
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.40	0.033	15	0.96	1.93	15.42
MINERALS:							
Calcium	mg	10	0.552	7	3	5	44
Iron	mg	3.45	0.409	7	0.98	1.96	15.65
Magnesium	mg	18	0.389	7	5	10	80
Phosphorus	mg	--			--	--	--
Potassium	mg	402	22.527	7	114	228	1,823
Sodium	mg	1,322	41.160	7	375	750	5,997
Zinc	mg	3.55	0.214	7	1.01	2.01	16.10
Copper	mg	0.120	0.018	7	0.034	0.068	0.544
Manganese	mg	--			--	--	--
VITAMINS:							
Ascorbic acid	mg	--			--	--	--
Thiamin	mg	--			--	--	--
Riboflavin	mg	--			--	--	--
Niacin	mg	--			--	--	--
Pantothenic acid	mg	--			--	--	--
Vitamin B ₆	mg	--			--	--	--
Folicin	mcg	--			--	--	--
Vitamin B ₁₂	mcg	--			--	--	--
Vitamin A	<div><div>RE</div><div>IU</div></div>	--			--	--	--
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.41			0.40	0.80	6.40
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.05
12:0	g	0.02			0.00	0.01	0.07
14:0	g	0.09			0.03	0.05	0.43
16:0	g	0.68			0.19	0.39	3.10
18:0	g	0.54			0.15	0.30	2.43
Monounsaturated, total	g	1.45			0.41	0.82	6.58
16:1	g	0.22			0.06	0.12	0.99
18:1	g	1.23			0.35	0.70	5.59
20:1	g	--			--	--	--
22:1	g	--			--	--	--
Polyunsaturated, total	g	0.17			0.05	0.10	0.78
18:2	g	0.13			0.04	0.07	0.58
18:3	g	0.04			0.01	0.02	0.20
20:4	g	--			--	--	--
20:5	g	--			--	--	--
22:5	g	--			--	--	--
22:6	g	--			--	--	--
Cholesterol	mg	--			--	--	--
Phytosterols	mg	--			--	--	--
AMINO ACIDS:							
Tryptophan	g	0.137			0.039	0.078	0.621
Threonine	g	0.742			0.210	0.421	3.366
Isoleucine	g	0.714			0.202	0.405	3.239
Leucine	g	1.313			0.372	0.744	5.956
Lysine	g	1.459			0.414	0.827	6.618
Methionine	g	0.420			0.119	0.238	1.905
Cystine	g	0.198			0.056	0.112	0.898
Phenylalanine	g	0.672			0.191	0.381	3.048
Tyrosine	g	0.511			0.145	0.290	2.318
Valine	g	0.824			0.234	0.467	3.738
Arginine	g	1.316			0.373	0.746	5.969
Histidine	g	0.499			0.141	0.283	2.263
Alanine	g	1.307			0.371	0.741	5.929
Aspartic acid	g	1.617			0.458	0.917	7.335
Glutamic acid	g	2.627			0.745	1.490	11.916
Glycine	g	1.800			0.510	1.021	8.165
Proline	g	1.246			0.353	0.706	5.652
Serine	g	0.760			0.215	0.431	3.447

¹Weight applies to slice, which is 4 by 4 by 3/32 in.

BEEF, CURED, LUNCHEON MEAT, Loaved

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: ⁰
				1 oz = 28.35 g ¹	2 slices = 56.7 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 52.53	1.937	3	14.89	29.78	238.28
Food energy	{ kcal 308 kJ 1,289			87 365	175 731	1,397 5,845
Protein (N X6.25)	g 14.37	0.636	3	4.07	8.15	65.18
Total lipid (fat)	g 26.20	2.455	3	7.43	14.86	118.84
Carbohydrate, total	g 2.90			0.82	1.64	13.15
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 4.00	0.153	3	1.13	2.27	18.14
MINERALS:						
Calcium	mg 11	0.667	3	3	6	50
Iron	mg 2.32	0.303	3	0.66	1.32	10.52
Magnesium	mg 14	0.577	3	4	8	64
Phosphorus	mg 119	4.484	3	34	67	540
Potassium	mg 208	15.452	3	59	118	943
Sodium	mg 1,329	36.131	3	377	754	6,028
Zinc	mg 2.53	0.066	3	0.72	1.43	11.48
Copper	mg 0.120	0.009	3	0.030	0.070	0.560
Manganese	mg 0.045	0.006	3	0.013	0.025	0.204
VITAMINS:						
Ascorbic acid ²	mg 13.0	2.000	3	3.7	7.4	59.0
Thiamin	mg 0.110	0.006	3	0.031	0.062	0.499
Riboflavin	mg 0.220	0.021	3	0.062	0.125	0.998
Niacin	mg 3.660	0.318	3	1.038	2.075	16.602
Pantothenic acid	mg 0.520		1	0.147	0.295	2.359
Vitamin B ₆	mg 0.19	0.012	3	0.05	0.11	0.86
Folacin	mcg --			--	--	--
Vitamin B ₁₂	mcg 3.89	0.240	3	1.10	2.21	17.65
Vitamin A	{ RE -- IU --			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 11.18			3.17	6.34	50.71
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.03	0.008	3	0.01	0.02	0.14
12:0	g 0.01	0.003	3	0.00	0.01	0.05
14:0	g 0.75	0.087	3	0.21	0.43	3.40
16:0	g 6.32	0.543	3	1.79	3.58	28.67
18:0	g 4.08	0.308	3	1.16	2.31	18.51
Monounsaturated, total	g 12.25			3.47	6.95	55.57
16:1	g 1.54	0.209	3	0.44	0.87	6.99
18:1	g 10.71	1.067	3	3.04	6.07	48.58
20:1	g --			--	--	--
22:1	g					
Polyunsaturated, total	g 0.87			0.25	0.49	3.95
18:2	g 0.65	0.185	3	0.18	0.37	2.95
18:3	g 0.21	0.063	3	0.06	0.12	0.95
18:4	g					
20:4	g --			--	--	--
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 64	9.387	3	18	36	290
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.103			0.029	0.058	0.467
Threonine	g 0.561			0.159	0.318	2.545
Isoleucine	g 0.540			0.153	0.306	2.449
Leucine	g 0.993			0.282	0.563	4.504
Lysine	g 1.104			0.313	0.626	5.008
Methionine	g 0.317			0.090	0.180	1.438
Cystine	g 0.149			0.042	0.084	0.676
Phenylalanine	g 0.508			0.144	0.288	2.304
Tyrosine	g 0.386			0.109	0.219	1.751
Valine	g 0.623			0.177	0.353	2.826
Arginine	g 0.995			0.282	0.564	4.513
Histidine	g 0.377			0.107	0.214	1.710
Alanine	g 0.989			0.280	0.561	4.486
Aspartic acid	g 1.223			0.347	0.693	5.548
Glutamic acid	g 1.986			0.563	1.126	9.008
Glycine	g 1.361			0.386	0.772	6.173
Proline	g 0.943			0.267	0.535	4.277
Serine	g 0.575			0.163	0.326	2.608

¹Weight applies to slice, which is 4 by 4 by 3/32 in.²Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				1 oz = 28.35 g	2 slices = 56.7 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	46.73	2.091	21	13.25	26.50	211.97
Food energy { kcal . . .	349			99	198	1,581
	1,459			413	827	6,616
Protein (N X6.25) g . . .	17.24	0.544	23	4.89	9.78	78.21
Total lipid (fat) g . . .	29.18	1.079	8	8.27	16.54	132.34
Carbohydrate, total g . . .	3.05			0.86	1.73	13.84
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	3.80	0.093	6	1.08	2.15	17.24
MINERALS:						
Calcium mg . . .	9	5.500	2	2	5	39
Iron mg . . .	1.89	0.098	6	0.54	1.07	8.57
Magnesium mg . . .	18	0.566	6	5	10	83
Phosphorus mg . . .	150	5.298	6	43	85	680
Potassium mg . . .	228	7.611	6	65	129	1,034
Sodium mg . . .	1,227	53.180	8	348	695	5,563
Zinc mg . . .	4.26	0.191	6	1.21	2.41	19.30
Copper mg . . .	--			--	--	--
Manganese mg . . .	--			--	--	--
VITAMINS:						
Ascorbic acid mg . . .	3.0	1.095	6	0.9	1.7	13.6
Thiamin mg . . .	0.095	0.031	6	0.027	0.054	0.431
Riboflavin mg . . .	0.170	0.023	3	0.048	0.096	0.771
Niacin mg . . .	5.065	0.200	6	1.436	2.872	22.975
Pantothenic acid. mg . . .	--			--	--	--
Vitamin B ₆ mg . . .	0.18	0.014	6	0.05	0.10	0.82
Folacin mcg . . .	--			--	--	--
Vitamin B ₁₂ mcg . . .	1.76	0.171	6	0.50	1.00	7.98
Vitamin A { RE . . .	--			--	--	--
	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	10.42			2.95	5.91	47.26
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.13	0.063	6	0.04	0.08	0.60
12:0 g . . .	0.09	0.040	6	0.02	0.05	0.39
14:0 g . . .	0.76	0.031	6	0.21	0.43	3.43
16:0 g . . .	5.93	0.113	6	1.68	3.36	26.90
18:0 g . . .	3.01	0.253	6	0.85	1.71	13.67
Monounsaturated, total g . . .	14.47			4.10	8.20	65.62
16:1 g . . .	1.89	0.245	6	0.54	1.07	8.56
18:1 g . . .	12.58	0.591	6	3.57	7.13	57.05
20:1 g . . .	--			--	--	--
22:1 g . . .						
Polyunsaturated, total g . . .	0.99			0.28	0.56	4.50
18:2 g . . .	0.79	0.092	6	0.22	0.45	3.58
18:3 g . . .	0.20	0.049	6	0.06	0.12	0.92
18:4 g . . .						
20:4 g . . .	--			--	--	--
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	93	4.655	6	26	53	422
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.157			0.045	0.089	0.712
Threonine g . . .	0.651			0.185	0.369	2.953
Isoleucine g . . .	0.745			0.211	0.422	3.379
Leucine g . . .	1.266			0.359	0.718	5.743
Lysine g . . .	1.322			0.375	0.750	5.997
Methionine g . . .	0.400			0.113	0.227	1.814
Cystine g . . .	0.221			0.063	0.125	1.002
Phenylalanine g . . .	0.621			0.176	0.352	2.817
Tyrosine g . . .	0.563			0.160	0.319	2.554
Valine g . . .	0.759			0.215	0.430	3.443
Arginine g . . .	1.065			0.302	0.604	4.831
Histidine g . . .	0.549			0.156	0.311	2.490
Alanine g . . .	1.242			0.352	0.704	5.634
Aspartic acid g . . .	1.689			0.479	0.958	7.661
Glutamic acid g . . .	2.809			0.796	1.593	12.742
Glycine g . . .	1.440			0.408	0.816	6.532
Proline g . . .	1.242			0.352	0.704	5.634
Serine g . . .	0.695			0.197	0.394	3.153

BEEF, CURED, SALAMI, Cooked, smoked

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				1 oz = 28.35 g	1 slice = 23 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g 58.11	0.424	51	16.47	13.36	263.57
Food energy	$\left\{ \begin{array}{l} \text{kcal} 262 \\ \text{kJ} 1,095 \end{array} \right.$			74 310	60 252	1,187 4,965
Protein (N X6.25)	g 15.04	0.181	54	4.26	3.46	68.21
Total lipid (fat)	g 20.68	0.488	40	5.86	4.76	93.80
Carbohydrate, total	g 2.81			0.80	0.65	12.74
Crude fiber	g 0.00			0.00	0.00	0.00
Ash	g 3.37	0.077	13	0.96	0.77	15.28
MINERALS:						
Calcium	mg 9	0.885	8	2	2	39
Iron	mg 2.19	0.089	28	0.62	0.50	9.94
Magnesium	mg 14	0.679	13	4	3	66
Phosphorus	mg 113	5.891	13	32	26	511
Potassium	mg 224	6.707	13	63	51	1,014
Sodium	mg 1,176	36.322	26	334	271	5,336
Zinc	mg 2.16	0.087	13	0.61	0.50	9.79
Copper	mg 0.122	0.023	13	0.035	0.028	0.553
Manganese	mg 0.046	0.005	6	0.013	0.011	0.209
VITAMINS:						
Ascorbic acid ²	mg 17.3	0.857	28	4.9	4.0	78.6
Thiamin	mg 0.103	0.007	24	0.029	0.024	0.467
Riboflavin	mg 0.189	0.014	28	0.054	0.043	0.857
Niacin	mg 3.238	0.071	28	0.918	0.745	14.688
Pantothenic acid	mg 0.950	0.098	7	0.269	0.219	4.309
Vitamin B ₆	mg 0.18	0.010	28	0.05	0.04	0.80
Folic acid	mcg 2	0.124	3	1	0	8
Vitamin B ₁₂	mcg 3.06	0.293	30	0.87	0.70	13.86
Vitamin A	$\left\{ \begin{array}{l} \text{RE} \\ \text{IU} \end{array} \right.$	--	--	--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g 9.00			2.55	2.07	40.84
4:0	g					
6:0	g					
8:0	g					
10:0	g 0.07	0.021	13	0.02	0.02	0.30
12:0	g 0.05	0.014	13	0.01	0.01	0.24
14:0	g 0.61	0.025	13	0.17	0.14	2.75
16:0	g 4.73	0.195	13	1.34	1.09	21.47
18:0	g 3.19	0.108	13	0.90	0.73	14.47
Monounsaturated, total	g 9.44			2.68	2.17	42.83
16:1	g 1.23	0.072	13	0.35	0.28	5.56
18:1	g 8.22	0.278	13	2.33	1.89	37.27
20:1	g --			--	--	--
22:1	g					
Polyunsaturated, total	g 1.03			0.29	0.24	4.69
18:2	g 0.80	0.101	13	0.23	0.18	3.62
18:3	g 0.23	0.038	13	0.07	0.05	1.06
18:4	g					
20:4	g --			--	--	--
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg 65	3.444	13	18	15	294
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g 0.137			0.039	0.032	0.621
Threonine	g 0.568			0.161	0.131	2.576
Isoleucine	g 0.650			0.184	0.150	2.948
Leucine	g 1.104			0.313	0.254	5.008
Lysine	g 1.152			0.327	0.265	5.225
Methionine	g 0.349			0.099	0.080	1.583
Cystine	g 0.192			0.054	0.044	0.871
Phenylalanine	g 0.541			0.153	0.124	2.454
Tyrosine	g 0.491			0.139	0.113	2.227
Valine	g 0.662			0.188	0.152	3.003
Arginine	g 0.929			0.263	0.214	4.214
Histidine	g 0.479			0.136	0.110	2.173
Alanine	g 1.083			0.307	0.249	4.912
Aspartic acid	g 1.472			0.417	0.339	6.677
Glutamic acid	g 2.449			0.694	0.563	11.109
Glycine	g 1.256			0.356	0.289	5.697
Proline	g 1.083			0.307	0.249	4.912
Serine	g 0.606			0.172	0.139	2.749

¹ Weight applies to slice, which is 4 in diam., 1/8 in thick; 10 per 8-oz pkg.

² Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

AH-8-13 (1985)
NDB No. 13357

BEEF, CURED, SMOKED, CHOPPED BEEF

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 oz	2 slices		
				= 28.35 g	= 56.7 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	68.93	0.202	31	19.54	39.08	312.66
Food energy	{ kcal kJ	133			38	75	603
		556			158	315	2,522
Protein (N X6 , 25)	g	20.19	0.185	31	5.72	11.45	91.57
Total lipid (fat)	g	4.42	0.187	33	1.25	2.51	20.07
Carbohydrate, total	g	1.86			0.53	1.05	8.43
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	4.60	0.038	7	1.30	2.61	20.87
MINERALS:							
Calcium	mg	--			--	--	--
Iron	mg	2.85	0.154	19	0.81	1.61	12.91
Magnesium	mg	21	1.021	7	6	12	94
Phosphorus	mg	181	8.693	7	51	103	821
Potassium	mg	377	17.386	7	107	214	1,710
Sodium	mg	1,258	33.904	33	357	713	5,707
Zinc	mg	3.93	0.370	7	1.11	2.23	17.83
Copper	mg	--			--	--	--
Manganese	mg	--			--	--	--
VITAMINS:							
Ascorbic acid ¹	mg	20.7	1.536	34	5.9	11.8	94.0
Thiamin	mg	0.083	0.008	13	0.024	0.047	0.376
Riboflavin	mg	0.175	0.004	31	0.050	0.099	0.794
Niacin	mg	4.577	0.088	31	1.298	2.595	20.761
Pantothenic acid	mg	0.590		1	0.167	0.335	2.676
Vitamin B ₆	mg	0.35	0.016	33	0.10	0.20	1.57
Folacin	mcg	--			--	--	--
Vitamin B ₁₂	mcg	1.73	0.073	37	0.49	0.98	7.86
Vitamin A	{ RE IU	-- --			-- --	-- --	-- --
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.81			0.51	1.03	8.21
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02	0.008	7	0.01	0.01	0.09
12:0	g	0.02	0.008	7	0.01	0.01	0.09
14:0	g	0.11	0.017	7	0.03	0.06	0.50
16:0	g	0.94	0.074	7	0.27	0.53	4.26
18:0	g	0.66	0.074	7	0.19	0.37	2.98
Monounsaturated, total	g	1.83			0.52	1.04	8.31
16:1	g	0.26	0.037	7	0.07	0.15	1.19
18:1	g	1.57	0.124	7	0.44	0.89	7.11
20:1	g	--			--	--	--
22:1	g	--			--	--	--
Polyunsaturated, total	g	0.23			0.07	0.13	1.05
18:2	g	0.19	0.037	7	0.05	0.11	0.87
18:3	g	0.04	0.017	7	0.01	0.02	0.18
20:4	g	--			--	--	--
20:5	g	--			--	--	--
22:5	g	--			--	--	--
22:6	g	--			--	--	--
Cholesterol	mg	46	3.609	8	13	26	208
Phytosterols	mg	--			--	--	--
AMINO ACIDS:							
Tryptophan	g	0.165			0.047	0.094	0.748
Threonine	g	0.846			0.240	0.480	3.837
Isoleucine	g	0.827			0.234	0.469	3.751
Leucine	g	1.508			0.428	0.855	6.840
Lysine	g	1.647			0.467	0.934	7.471
Methionine	g	0.488			0.138	0.277	2.214
Cystine	g	0.239			0.068	0.136	1.084
Phenylalanine	g	0.756			0.214	0.429	3.429
Tyrosine	g	0.610			0.173	0.346	2.767
Valine	g	0.927			0.263	0.526	4.205
Arginine	g	1.363			0.386	0.773	6.183
Histidine	g	0.585			0.166	0.332	2.654
Alanine	g	1.334			0.378	0.756	6.051
Aspartic acid	g	1.793			0.508	1.017	8.133
Glutamic acid	g	2.910			0.825	1.650	13.200
Glycine	g	1.499			0.425	0.850	6.799
Proline	g	1.098			0.311	0.623	4.981
Serine	g	0.824			0.234	0.467	3.738

¹Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

²Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BEEF, CURED, THIN-SLICED BEEF

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0
				1 oz = 28.35 g	5 slices = 21 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water g . . .	58.10	1.082	24	16.47	12.20	263.54
Food energy { kcal . .	177			50	37	802
{ kJ . . .	740			210	155	3,355
Protein (N X6.25) g . . .	28.11	0.597	24	7.97	5.90	127.50
Total lipid (fat) g . . .	3.84	0.270	9	1.09	0.81	17.43
Carbohydrate, total g . . .	5.71			1.62	1.20	25.90
Crude fiber g . . .	0.00			0.00	0.00	0.00
Ash g . . .	4.24	0.105	10	1.20	0.89	19.22
MINERALS:						
Calcium mg . . .	11	1.194	7	3	2	48
Iron mg . . .	2.70	0.144	10	0.76	0.57	12.23
Magnesium mg . . .	19	0.198	10	5	4	85
Phosphorus mg . . .	168	15.496	3	48	35	764
Potassium mg . . .	429	18.054	10	122	90	1,946
Sodium mg . . .	1,439	53.346	10	408	302	6,529
Zinc mg . . .	3.98	0.218	10	1.13	0.84	18.05
Copper mg . . .	0.034	0.013	10	0.010	0.007	0.154
Manganese mg . . .	0.038	0.008	3	0.011	0.008	0.172
VITAMINS:						
Ascorbic acid ¹ mg . . .	14.3	2.026	3	4.1	3.0	65.0
Thiamin mg . . .	0.080	0.006	3	0.023	0.017	0.363
Riboflavin mg . . .	0.190	0.023	3	0.054	0.040	0.862
Niacin mg . . .	5.270	0.341	3	1.494	1.107	23.905
Pantothenic acid mg . . .	0.590		1	0.167	0.124	2.676
Vitamin B ₆ mg . . .	0.34	0.115	3	0.10	0.07	1.54
Folacin mcg . . .	--			--	--	--
Vitamin B ₁₂ mcg . . .	2.57	0.439	3	0.73	0.54	11.66
Vitamin A { RE . . .	--			--	--	--
{ IU . . .	--			--	--	--
LIPIDS:						
Fatty acids:						
Saturated, total g . . .	1.65			0.47	0.35	7.48
4:0 g . . .						
6:0 g . . .						
8:0 g . . .						
10:0 g . . .	0.01	0.009	3	0.00	0.00	0.05
12:0 g . . .	0.01	0.007	3	0.00	0.00	0.05
14:0 g . . .	0.09	0.031	3	0.02	0.02	0.39
16:0 g . . .	0.87	0.104	3	0.25	0.18	3.94
18:0 g . . .	0.61	0.087	3	0.17	0.13	2.77
Monounsaturated, total g . . .	1.68			0.47	0.35	7.60
16:1 g . . .	0.22	0.055	3	0.06	0.05	1.00
18:1 g . . .	1.46	0.159	3	0.41	0.31	6.60
20:1 g . . .	--			--	--	--
22:1 g . . .						
Polyunsaturated, total g . . .	0.20			0.06	0.04	0.88
18:2 g . . .	0.17	0.055	3	0.05	0.04	0.78
18:3 g . . .	0.02	0.007	3	0.01	0.01	0.11
18:4 g . . .						
20:4 g . . .	--			--	--	--
20:5 g . . .						
22:5 g . . .						
22:6 g . . .						
Cholesterol mg . . .	41	5.541	4	12	9	186
Phytosterols mg . . .						
AMINO ACIDS:						
Tryptophan g . . .	0.229			0.065	0.048	1.039
Threonine g . . .	1.178			0.334	0.247	5.343
Isoleucine g . . .	1.151			0.326	0.242	5.221
Leucine g . . .	2.100			0.595	0.441	9.526
Lysine g . . .	2.293			0.650	0.482	10.401
Methionine g . . .	0.679			0.192	0.143	3.080
Cystine g . . .	0.333			0.094	0.070	1.510
Phenylalanine g . . .	1.052			0.298	0.221	4.772
Tyrosine g . . .	0.850			0.241	0.179	3.856
Valine g . . .	1.291			0.366	0.271	5.856
Arginine g . . .	1.898			0.538	0.399	8.609
Histidine g . . .	0.814			0.231	0.171	3.692
Alanine g . . .	1.857			0.526	0.390	8.423
Aspartic acid g . . .	2.496			0.708	0.524	11.322
Glutamic acid g . . .	4.052			1.149	0.851	18.380
Glycine g . . .	2.087			0.592	0.438	9.467
Proline g . . .	1.529			0.433	0.321	6.936
Serine g . . .	1.147			0.325	0.241	5.203

¹Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

Addendum

Cutting Procedures for Retail Cuts

The physical composition data in this addendum represent data for the entire primal and subprimal cuts. The cuts in the Table of Nutrient Data which were a portion of the entire cut are described below:

Chuck:

Arm: Two roasts, 2 inches thick, were cut from the foreshank side.

Blade: Two roasts, 2 inches thick, were cut from the second through fourth rib section.

Rib:

Whole: The large-end and small-end rib cuts were combined.

Large end: A roast was cut comprising the seventh to ninth rib section.

Small end: One-inch thick steaks were cut from the loin end (ribs 10-12) with a tail 1 inch long.

Round:

Bottom: A 6-pound roast was cut from the center of the bottom round.

Top: Six steaks, 0.75 inch thick, were cut up to the gracillus muscle of the top round.

Tenderloin: Beginning at the posterior end (large end), 7 to 10 steaks, 1.25 inches thick, were cut.

Top loin: Beginning at the anterior end, 8 to 10 boneless steaks, 1.25 inches thick, were cut with a tail approximately 0.5 inch in length.

Wedge-bone sirloin: The second and third steaks, 1.25 inches thick, were cut from the posterior end (round end) of the sirloin.

Physical Composition of Raw and Cooked Entire Retail Cuts Trimmed to Three Fat Trim Levels: All Grades¹

Item	Trim level											
	1/2 inch				1/4 inch				0 inch			
	AP		EP		AP		EP		AP		EP	
	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat
	percent		percent		percent		percent		percent		percent	
Composite ² :												
Raw	65.1	24.4	72.7	27.3	67.1	21.8	75.5	24.5	72.8	15.7	82.3	17.7
Cooked	61.2	24.0	71.9	28.1	63.0	21.4	74.6	25.4	67.3	16.2	80.4	19.6
Brisket:												
Raw	63.0	36.8	63.1	36.9	68.0	31.9	68.1	31.9	79.3	20.5	79.4	20.5
Braised	59.0	40.7	59.2	40.8	64.3	35.5	64.4	35.6	76.5	23.3	76.7	23.3
Chuck:												
Arm:												
Raw	59.4	26.5	69.2	30.8	60.6	24.6	71.1	28.9	63.5	21.0	75.1	24.9
Braised	51.2	31.8	61.7	38.3	52.6	29.7	63.9	36.1	53.3	26.7	66.7	33.3
Blade:												
Raw	60.0	18.4	76.5	23.5	61.1	16.9	78.3	21.7	63.2	14.0	81.9	18.1
Braised	52.1	21.4	70.9	29.1	53.3	19.6	73.1	26.9	55.4	16.4	77.1	22.8
Rib:												
Whole:												
Raw	51.4	34.9	59.6	40.4	54.4	31.1	63.6	36.4	57.8	26.7	68.4	31.6
Roasted ...	49.9	33.0	60.2	39.8	52.0	30.3	63.2	36.8	55.9	25.1	69.0	31.0
Large end:												
Raw	52.2	34.3	60.3	39.7	54.0	32.2	62.6	37.4	57.9	27.2	68.0	32.0
Roasted ...	50.8	32.4	61.1	38.9	52.5	30.4	63.3	36.7	55.9	25.6	68.6	31.4
Small end:												
Raw	49.9	35.9	58.1	41.9	52.9	32.2	62.2	37.8	57.8	25.9	69.1	30.9
Broiled	50.8	32.0	61.4	38.6	53.5	28.5	65.3	34.7	57.9	22.6	71.9	28.1
Round:												
Bottom:												
Raw	69.3	25.4	73.2	26.8	71.0	23.7	75.0	25.0	76.7	17.5	81.4	18.6
Braised ...	61.8	23.8	72.2	27.8	62.9	21.9	74.2	25.8	68.0	16.3	80.7	19.3
Eye:												
Raw	80.7	17.5	82.2	17.8	83.9	14.2	85.5	14.5	91.3	6.6	93.3	6.7
Roasted ...	80.4	18.8	81.0	19.0	83.8	15.3	84.6	15.4	91.9	7.2	92.7	7.3
Tip:												
Raw	81.2	16.2	83.4	16.6	83.0	14.4	85.2	14.8	92.6	4.5	95.4	4.6
Roasted ...	80.8	15.3	84.1	15.9	82.5	13.4	86.0	14.0	91.4	4.1	95.7	4.3
Top:												
Raw	79.7	18.4	81.2	18.8	83.2	14.8	84.9	15.1	89.7	8.0	91.8	8.2
Broiled	80.4	17.0	82.5	17.5	83.6	13.7	85.9	14.1	89.6	7.3	92.5	7.5
Tenderloin:												
Raw	73.5	26.5	73.5	26.5	73.5	26.5	73.5	26.5	100.0	0	100.0	0
Broiled	76.3	23.7	76.3	23.7	76.3	23.7	76.3	23.7	100.0	0	100.0	0
Top loin:												
Raw	67.2	28.2	70.4	29.6	71.7	23.4	75.4	24.6	81.8	12.5	86.7	13.3
Broiled	70.8	22.2	76.1	23.9	74.4	18.1	80.4	19.6	82.2	9.4	89.7	10.3
Sirloin:												
Raw	60.6	27.0	69.2	30.8	62.9	24.3	72.1	27.9	65.5	21.3	75.5	24.5
Broiled	54.7	19.1	74.1	25.9	56.1	17.0	76.7	23.3	57.9	14.6	79.9	20.1

¹ Cooked data were calculated from analytical data for raw items.

² Composite is a combination of cuts shown below.

SOURCES: Values for the raw cuts are from the Meat and Muscle Biology Section, Department of Animal Science, Texas Agricultural Experiment Station, Texas A&M University and the National Live Stock and Meat Board (unpublished data, 1986).

Physical Composition of Raw and Cooked Entire Retail Cuts Trimmed to Three Fat Trim Levels: Choice Grade¹

Item	Trim level											
	1/2 inch				1/4 inch				0 inch			
	AP		EP		AP		EP		AP		EP	
	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat
	percent		percent		percent		percent		percent		percent	
Composite ² :												
Raw.....	65.0	24.9	72.3	27.7	66.8	22.5	74.8	25.2	72.2	16.2	81.6	18.4
Cooked.....	60.6	24.7	71.0	29.0	62.5	22.5	73.6	26.4	67.4	19.9	80.0	20.0
Brisket:												
Raw.....	62.8	37.0	62.9	37.1	67.5	32.4	67.6	32.4	78.9	20.9	79.1	20.9
Braised.....	59.0	41.0	59.0	41.0	63.8	36.1	63.9	36.1	76.1	23.7	76.3	23.7
Chuck:												
Arm:												
Raw.....	59.1	26.9	68.7	31.3	59.8	25.9	69.8	30.2	62.6	22.5	73.6	26.4
Braised.....	50.9	32.3	61.2	38.8	51.6	31.1	62.4	37.6	54.5	27.2	66.7	33.3
Blade:												
Raw.....	60.0	18.7	76.2	23.8	61.1	17.1	78.1	21.9	63.2	14.2	81.7	18.3
Braised.....	52.1	21.7	70.6	29.4	53.3	19.9	72.8	27.2	55.4	16.6	76.9	23.1
Rib:												
Whole:												
Raw.....	51.2	35.4	59.1	40.9	53.3	32.7	62.0	38.0	57.6	27.2	67.9	32.1
Roasted ...	49.8	33.5	59.8	40.2	51.7	30.9	62.6	37.4	55.7	25.6	68.5	31.5
Large end:												
Raw.....	52.0	34.7	60.0	40.0	53.7	32.7	62.2	37.8	57.6	27.7	67.5	32.5
Roasted ...	50.6	32.8	60.7	39.3	50.2	33.4	60.0	40.0	55.7	26.1	68.1	31.9
Small end:												
Raw.....	49.7	36.4	57.7	42.3	52.6	32.7	61.7	38.3	57.6	26.4	68.6	31.4
Broiled....	50.7	32.4	61.0	39.0	53.3	28.9	64.8	35.2	57.7	23.1	71.4	28.6
Round:												
Bottom:												
Raw.....	68.9	25.8	72.8	27.2	70.6	24.0	74.6	25.4	76.4	17.8	81.1	18.9
Braised ...	61.5	24.1	71.8	28.2	62.9	22.3	73.8	26.2	67.8	16.5	80.4	19.6
Eye:												
Raw.....	80.5	17.8	81.9	18.1	83.8	14.4	85.3	14.7	91.1	6.9	93.0	7.0
Roasted ...	80.1	19.1	80.7	19.3	83.6	15.5	84.4	15.6	91.6	7.5	92.4	7.6
Tip:												
Raw.....	80.7	16.7	82.9	17.1	82.5	14.7	84.9	15.1	92.5	4.4	95.5	4.5
Roasted ...	80.4	15.7	83.7	16.3	82.1	13.8	85.6	14.4	91.5	4.1	95.7	4.3
Top:												
Raw.....	79.6	18.5	81.1	18.9	83.1	14.9	84.8	15.2	89.7	8.1	91.7	8.3
Broiled....	80.2	17.2	82.3	17.7	83.6	13.7	85.9	14.1	89.6	7.4	92.4	7.6
Tenderloin:												
Raw.....	73.0	27.0	73.0	27.0	73.0	27.0	73.0	27.0	100.0	0	100.0	0
Broiled.....	76.1	23.9	76.1	23.9	76.1	23.9	76.1	23.9	100.0	0	100.0	0
Top loin:												
Raw.....	66.9	28.5	70.1	29.9	71.4	23.7	75.1	24.9	81.1	13.4	85.8	14.2
Broiled.....	70.6	22.3	76.0	24.0	74.3	18.3	80.2	19.8	81.8	10.1	89.0	11.0
Sirloin:												
Raw.....	60.4	27.3	68.9	31.1	62.6	24.5	71.9	28.1	65.2	21.5	75.2	24.8
Broiled.....	54.5	19.3	73.8	26.2	55.9	17.1	76.6	23.4	57.5	14.9	79.4	20.6

¹ Cooked data were calculated from analytical data for raw items.

² Composite is a combination of cuts shown below.

SOURCES: Values for the raw cuts are from the Meat and Muscle Biology Section, Department of Animal Science, Texas Agricultural Experiment Station, Texas A&M University and the National Live Stock and Meat Board (unpublished data, 1986).

Physical Composition of Raw and Cooked Entire Retail Cuts Trimmed to Three Fat Trim Levels: Good Grade¹

Item	Trim level											
	1/2 inch				1/4 inch				0 inch			
	AP		EP		AP		EP		AP		EP	
	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat
	percent		percent		percent		percent		percent		percent	
Composite ² :												
Raw.....	66.3	23.0	74.3	25.7	68.3	20.5	76.9	23.1	73.5	14.5	83.5	16.5
Cooked.....	62.2	22.8	73.2	26.8	63.8	20.4	75.8	24.2	67.5	14.5	82.3	17.7
Brisket:												
Raw.....	63.5	36.4	63.6	36.4	70.5	29.4	70.6	29.4	81.2	18.7	81.3	18.7
Braised.....	59.6	40.4	59.6	40.4	67.0	32.9	67.1	32.9	78.5	21.4	78.6	21.4
Chuck:												
Arm:												
Raw.....	61.2	24.2	71.7	28.3	62.1	23.2	72.8	27.2	64.9	19.7	76.7	23.3
Braised.....	53.1	29.3	64.4	35.6	54.1	28.1	65.8	34.2	51.1	24.1	70.3	29.7
Blade:												
Raw.....	60.2	17.3	77.7	22.3	61.3	16.0	79.3	20.7	63.3	13.2	82.7	17.3
Braised.....	52.4	20.1	72.3	27.7	53.4	18.5	74.3	25.7	55.4	15.4	78.2	21.8
Rib:												
Whole:												
Raw.....	52.0	32.8	61.3	38.7	54.6	29.5	64.9	35.1	58.4	24.5	70.4	29.6
Roasted ...	50.3	30.8	62.0	38.0	52.7	27.6	65.6	34.4	56.1	22.9	71.0	29.0
Large end:												
Raw.....	53.0	32.0	62.4	37.6	55.0	29.4	65.2	34.8	58.4	25.1	69.9	30.0
Roasted ...	51.3	30.2	62.9	37.1	53.1	27.7	65.7	34.3	56.3	23.5	70.6	29.4
Small end:												
Raw.....	50.3	34.1	59.6	40.4	53.8	29.5	64.6	35.4	58.5	23.4	71.4	28.6
Broiled....	51.0	30.2	62.8	37.2	54.1	25.9	67.6	32.4	58.2	20.3	74.1	25.9
Round:												
Bottom:												
Raw.....	71.3	23.4	75.3	24.7	72.6	22.0	76.7	23.3	78.9	15.3	83.8	16.2
Braised ...	63.7	21.8	74.5	25.5	64.7	20.5	75.9	24.1	70.1	14.2	83.2	16.8
Eye:												
Raw.....	82.0	15.6	84.0	16.0	84.7	12.9	86.8	13.2	92.4	4.8	95.1	4.9
Roasted ...	82.1	16.8	83.0	17.0	85.0	13.9	85.9	14.1	93.5	5.2	94.7	5.3
Tip:												
Raw.....	83.8	13.8	85.9	14.1	85.2	12.5	87.2	12.8	92.8	4.7	95.2	4.8
Roasted ...	85.2	13.2	86.6	13.4	84.7	11.7	87.9	12.1	91.9	4.3	95.5	4.5
Top:												
Raw.....	80.2	17.8	81.8	18.2	83.2	14.7	85.0	15.0	89.8	8.0	91.8	8.2
Broiled....	80.8	16.5	83.0	17.0	83.6	13.6	86.0	14.0	89.7	7.3	92.5	7.5
Tenderloin:												
Raw.....	74.0	26.0	74.0	26.0	74.0	26.0	74.0	26.0	100.0	0	100.0	0
Broiled.....	77.0	23.0	77.0	23.0	77.0	23.0	77.0	23.0	100.0	0	100.0	0
Top loin:												
Raw.....	69.1	26.4	72.4	27.6	73.6	21.5	77.4	22.6	82.6	12.0	87.3	12.7
Broiled.....	72.5	20.6	77.9	22.1	76.1	16.6	82.1	17.9	83.0	9.0	90.2	9.8
Sirloin:												
Raw.....	62.3	25.9	70.6	29.4	64.6	23.2	73.6	26.4	67.2	20.0	77.1	22.9
Broiled.....	56.5	18.4	75.4	24.6	58.0	16.2	78.2	21.8	59.5	13.8	81.2	18.8

¹ Cooked data were calculated from analytical data for raw items.

² Composite is a combination of cuts shown below.

SOURCES: Values for the raw cuts are from the Meat and Muscle Biology Section, Department of Animal Science, Texas Agricultural Experiment Station, Texas A&M University and the National Live Stock and Meat Board (unpublished data, 1986).

Physical Composition of Raw and Cooked Entire Retail Cuts Trimmed to Three Fat Trim Levels: Prime Grade¹

Item	Trim level											
	1/2 inch				1/4 inch				0 inch			
	AP		EP		AP		EP		AP		EP	
	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat	Lean	Fat
	percent		percent		percent		percent		percent		percent	
Composite ² :												
Raw	62.3	27.9	69.1	30.9	64.1	25.5	71.5	28.5	69.7	19.2	78.4	21.6
Cooked	58.2	27.9	67.6	32.4	59.8	25.6	70.0	30.0	64.7	19.4	76.9	23.1
Brisket:												
Raw	63.4	36.3	63.6	36.4	62.2	37.5	62.4	37.6	74.7	25.0	74.9	25.0
Braised	59.7	40.3	59.7	40.3	58.2	41.3	58.5	41.5	71.3	28.2	71.7	28.3
Chuck:												
Arm:												
Raw	55.1	31.2	63.8	36.2	55.8	30.2	64.9	35.1	58.5	26.9	68.5	31.5
Braised	46.9	37.0	55.9	44.1	47.5	35.9	57.0	43.0	50.3	32.3	60.9	39.1
Blade:												
Raw	59.9	20.3	74.7	25.3	61.3	18.4	76.9	23.1	63.4	15.6	80.3	19.7
Braised	52.1	23.6	68.8	31.2	53.5	21.5	71.3	28.7	55.6	18.3	75.2	24.8
Rib:												
Whole:												
Raw	51.1	39.3	56.5	43.5	52.3	38.0	57.9	42.1	57.8	31.4	64.8	35.2
Roasted ...	50.3	37.7	57.2	42.8	51.4	36.4	58.5	41.5	56.6	29.9	65.4	34.6
Large end:												
Raw	51.1	39.6	56.3	43.7	52.3	38.4	57.7	42.3	57.8	31.8	64.5	35.5
Roasted ...	50.3	38.0	57.0	43.0	51.5	36.8	58.3	41.7	56.6	30.2	65.2	35.8
Small end:												
Raw	50.6	39.2	56.3	43.7	51.8	37.9	57.7	42.3	57.5	31.0	65.0	35.0
Broiled	52.2	35.3	59.7	40.3	53.3	34.0	61.1	38.9	58.5	27.5	68.0	32.0
Round:												
Bottom:												
Raw	64.7	30.2	68.2	31.8	67.1	27.6	70.9	29.1	71.1	23.3	75.3	24.7
Braised ...	57.9	28.2	67.2	32.8	59.8	25.7	69.9	30.1	63.1	21.7	74.4	25.6
Eye:												
Raw	77.6	22.1	77.8	22.2	82.4	17.2	82.7	17.3	88.0	11.6	88.4	11.6
Roasted ...	76.5	23.5	76.5	23.5	81.6	18.3	81.7	18.3	87.5	12.4	87.6	12.4
Tip:												
Raw	75.0	21.7	77.6	22.4	78.1	18.3	81.0	19.0	92.2	3.7	96.1	3.9
Roasted ...	74.6	20.4	78.5	21.5	77.6	17.1	81.9	18.1	90.2	3.5	96.3	3.7
Top:												
Raw	78.6	19.5	80.1	19.9	83.1	14.9	84.8	15.2	89.9	7.9	91.9	8.1
Broiled	79.3	18.1	81.4	18.6	83.6	13.7	85.9	14.1	89.7	7.3	92.5	7.5
Tenderloin:												
Raw	71.4	28.6	71.4	28.6	71.4	28.6	71.4	28.6	100	0	100	0
Broiled	74.6	25.4	74.6	25.4	74.6	25.4	74.6	25.4	100	0	100	0
Top loin:												
Raw	63.1	31.9	66.4	33.6	67.1	27.5	70.9	29.1	78.3	15.5	83.5	16.5
Broiled	67.0	25.2	72.7	27.3	70.2	21.5	76.6	23.4	79.1	11.7	87.1	12.9
Sirloin:												
Raw	56.6	29.5	65.7	34.3	58.8	26.8	68.7	31.3	60.4	24.8	70.9	29.1
Broiled	50.4	20.5	71.1	28.9	51.7	18.4	73.8	26.2	52.6	16.8	75.8	24.2

¹ Cooked data were calculated from analytical data for raw items.

² Composite is a combination of cuts shown below.

SOURCES: Values for the raw cuts are from the Meat and Muscle Biology Section, Department of Animal Science, Texas Agricultural Experiment Station, Texas A&M University and the National Live Stock and Meat Board (unpublished data, 1986).

Examples of Computations Using the Addendum Tables

The nutrient composition of the edible portion comprising separable lean and fat for the entire retail cuts trimmed to three fat levels can be calculated using the Table of Nutrient Data and the addendum tables. To do this, the nutrient values given in column B of the Table of Nutrient Data for the separable lean tissue and separable fat tissue are each multiplied by their proportions in the cuts as given in the addendum tables. Then the product of these two calculations are summed to give the nutrient composition of the separable lean and fat. The formula for calculating nutrient composition of separable lean and fat (edible portion) is:

$$N = [(L \times N_l) + (F \times N_f)]/100$$

where:

N = nutrient content per 100g, edible portion

L = percent lean, EP

N_l = nutrient content per 100 g separable lean

F = percent fat, EP

N_f = nutrient content per 100 g separable fat

For example, protein and total lipid in 100 grams separable lean and fat (edible portion) of raw choice grade top round

trimmed to 1/2-inch trim level are calculated as follows:

Protein

$$\begin{aligned} &= [(81.1 \times \text{protein, NDB No. 13218}) + \\ &\quad (18.9 \times \text{protein, NDB No. 13019})]/100 \\ &= [(81.1 \times 22.79) + (18.9 \times 8.21)]/100 \\ &= 20.03 \text{ g} \end{aligned}$$

Total lipid

$$\begin{aligned} &= [(81.1 \times \text{total lipid, NDB No. 13218}) + \\ &\quad (18.9 \times \text{total lipid, NDB No. 13019})]/100 \\ &= [(81.1 \times 4.24) + (18.9 \times 70.89)]/100 \\ &= 16.84 \text{ g} \end{aligned}$$

Trimmed to 1/4-inch trim level:

Protein

$$\begin{aligned} &= [(84.8 \times 22.79) + (15.2 \times 8.21)]/100 \\ &= 20.51 \text{ g} \end{aligned}$$

Total lipid

$$\begin{aligned} &= [(84.8 \times 4.24) + (15.2 \times 70.89)]/100 \\ &= 14.37 \text{ g} \end{aligned}$$

Trimmed to 0-inch trim level:

Protein

$$\begin{aligned} &= [(91.7 \times 22.7) + (8.3 \times 8.21)]/100 \\ &= 21.58 \text{ g} \end{aligned}$$

Total lipid

$$\begin{aligned} &= [(91.7 \times 4.24) + (8.3 \times 70.89)]/100 \\ &= 9.77 \text{ g} \end{aligned}$$